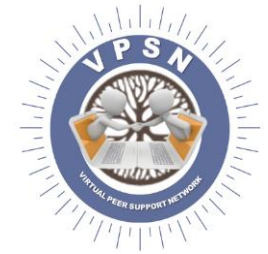




VPSN November 2020



EVERYONE WELCOME!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 AM: Craft Project PM: LGBTQ+ Support Group
2 AM: Tim's Story PM: Wellness w/ Shelley	3 AM: Cooking Demo PM: Art Journaling Methods	4 AM: Canvas Painting PM: Exploring Our Humanness	5 AM: Monica's Story PM: Spanish Speaking Session	6 AM: Draw Your Heart PM: Mindfulness with Laura	7 AM: Listening Skills PM: LGBTQ+ Support Group	8 AM: Name That Tune PM: LGBTQ+ Support Group
9 AM: Meal Planning PM: Wellness w/ Shelley	10 AM: Coping Skills PM: Somali Speaking Session	11 AM: Canvas Painting PM: Exploring Our Humanness	12 AM: Thanksgiving Around the World PM: Spanish Session	13 AM: Using DBT Skills PM: Public Housing w/ Joyce	14 AM: Curtis's Story PM: LGBTQ+ Support Group	15 AM: Bingo PM: LGBTQ+ Support Group
16 AM: Rock Painting PM: Wellness w/ Shelley	17 AM: Book Club w/ Jode PM: Somali Speaking	18 AM: Miranda's Story PM: Exploring Our Humanness	19 AM: Fiber Art Club PM: Earrings Craft & Spanish Speaking	20 AM: Turkey Art PM: Understanding Benefits w/ Chris	21 AM: Goal Setting & Follow Through PM: LGBTQ+ Support	22 AM: Cards Games PM: LGBTQ+ Support Group
23 AM: Animal Insights PM: Wellness w/ Shelley	24 AM: Mental Health News w/ Robyn PM: Somali Speaking	25 AM: Gut Health 101 PM: Exploring Our Humanness	26 THANKSGIVING PARTY!	27 AM: Cynthia's Story PM: How to Stretch a Dollar w/ Nicole	28 AM: Freezer Filling Workshop PM: LGBTQ+ Support	29 AM: Trivia PM: LGBTQ+ Support Group
30 AM: Creative Writing PM: Wellness w/ Shelley						