



VPSN JANUARY 2021

TO JOIN OR LEARN MORE GO TO <https://www.mnwitw.org/vpsn>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				AM: New Years Day Vision Board/Life Goals 1 PM: New Years Day Vision Board/Life Goals	AM: The Endless Gifts Of Peace and Serenity 2 PM: LGBTQ+ Trivia	AM: Steps to Combat Loneliness 3 PM: Social Influencing with Curt
AM: Calming and Stress Relieving Play Dough 4 PM: Wellness W/ Shelley	AM: Mason Jar Luminaries 5 PM: Somali Saxiib Session	AM: Tribal Session 6 PM: Dr. Beth, DNP, APRN, PMHCNS-BC	AM: Creative Writing 7 PM: Building Community w/ Edén (available in Spanish)	AM: Comedy Hour 8 PM: Seeds of Hope with Lynn	AM: How to Turn Inner Peace Into a Habit 9 PM: Gender Roles & Sexual Orientations	AM: Are You a Reactionary 10 PM: LGBTQ+ Happiness Jar
AM: Rock Painting 11 PM: Wellness W/ Shelley	AM: Feeling Chart 12 PM: Somali Saxiib Session	AM: Tribal Session 13 PM: Nurse Nancilyn, RN, PSS	AM: Promote Self Care 14 PM: Building Community w/ Edén (available in Spanish)	AM: Online Yahtzee 15 PM: Guest Speaker: Sammer	AM: Different Types Of Stress 16 PM: LGBTQ+ Bingo	AM: Find Inspiration In Unexpected Places 17 PM: Social Influencing with Curt
AM: DIY Bath Bombs 18 PM: Wellness W/ Shelley	AM: Aromatherapy Neck Pillow 19 PM: Somali Saxiib Session	AM: Tribal Session 20 PM: Dr. Beth, DNP, APRN, PMHCNS-BC	AM: Poetry 21 PM: Building Community w/ Edén (available in Spanish)	AM: Online UNO 22 PM: Decorate Your VPSN Journal	AM: Art Therapist 23 PM: LGBTQ+ Transgender Identity and Issues	AM: Making Friends 24 PM: LGBTQ+ Rights
AM: DIY Stress Ball 25 PM: Wellness W/ Shelley	AM: Creating Animal Guides 26 PM: Somali Saxiib Session	AM: Tribal Session 27 PM: Nurse Nancilyn, RN, PSS	AM: Online Drawing 28 PM: Building Community w/ Edén (available in Spanish)	AM: Bingo 29 PM: Guest Speaker: Sammer	AM: 5 Ways to Reduce Stress 30 PM: LGBTQ+ - Harassment and Bullying	AM: The Importance of Forgiving 31 PM: Social Influencing with Curt

CLICK BELOW TO SEE THE LIST OF SUPPLIES FOR EACH OF THE ACTIVITIES IN JANUARY:
SUPPLIES

AM SESSIONS ARE FROM 10 AM – 1 PM
PM SESSIONS ARE FROM 1 PM – 4 PM
EVERYONE WELCOME

To join our Zoom Meetings, Visit our website:
<https://www.mnwitw.org/vpsn> and click the VPSN icon.
By phone call (646) 715-8592 ID#: 592347390

SPECIAL THANKS TO:

- **CommUNITY Adult Mental Health Initiative**
- **7E Adult Mental Health Initiative**
- **Region V+ Adult Mental Health Initiative**
- **FEMA**

