



# VPSN MARCH 2021



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM: Melted Crayon Suncatcher <b>1</b> PM: Social Media Influencing w/ Curt	AM: Name that 1960's Tune w/ Prizes <b>2</b> PM: Benefits of Volunteering PM: Somali Saxiib Session	AM: Tribal Session w/ Millie <b>3</b> PM: Dr. Beth, DNP, ARPN, FMHCNS, BC	AM: Mindful Movement for Chronic Pain & Chair Yoga <b>4</b> PM: Building Community w/ Edén (Available in Spanish)	AM: Senior Session: BINGO w/ Prizes <b>5</b> PM: Guest Speaker: Sammer	AM: Art Therapist <b>6</b> PM: LGBTQ+: How to Cope With Stigma	AM: How to Effectively Use Your Communication Style <b>7</b> PM: LGBTQ+ Trivia w/ Prizes
AM: Paper Wrapped Candle <b>8</b> PM: Self Care Guest Speaker	AM: Multi-tasking <b>9</b> PM: Creative Hour PM: Somali Saxiib Session	AM: Tribal Session w/ Millie <b>10</b> PM: Nurse Nancilyn, RN, PSS	AM: Short Story Reading and Discussion <b>11</b> PM: Building Community w/ Edén (Available in Spanish)	AM: Recovery Session <b>12</b> PM: Guest Speaker: Sammer	AM: Art Therapist <b>13</b> PM: LGBTQ+: Acrylic Rainbow Canvas Art	AM: Open Forum Social Session <b>14</b> PM: LGBTQ+ Open Forum Social Session
AM: Greeting Card Book <b>15</b> PM: Social Media Influencing w/ Curt	AM: IMPROV <b>16</b> PM: Presentation and Conversation on Grief PM: Somali Saxiib Session	AM: Tribal Session w/ Millie <b>17</b> PM: Dr. Beth, DNP, ARPN, FMHCNS, BC	AM: Finding Meaning During Hard Times <b>18</b> PM: Building Community w/ Edén (Available in Spanish)	AM: Senior Session: Crochet with Julie <b>19</b> PM: Guest Speaker: Melissa	AM: Art Therapist <b>20</b> PM: LGBTQ+ Session: Being an Ally to LGBTQ+ People	AM: SMART Goal Setting <b>21</b> PM: LGBTQ+ BINGO w/ Prizes
AM: Acrylic Sunset Cactus <b>22</b> PM: Self Care Guest Speaker	AM: Body Neutrality <b>23</b> PM: Creative Writing PM: Somali Saxiib Session	AM: Tribal Session w/ Millie <b>24</b> PM: Nurse Nancilyn, RN, PSS	AM: Mental Health Benefits of Gardening <b>25</b> PM: Building Community w/ Edén (Available in Spanish)	AM: Recovery Session <b>26</b> PM: Guest Speaker: Sammer	AM: Art Therapist <b>27</b> PM: LGBTQ+ Puzzle Art: Creating a Rainbow on Canvas or Poster Board	AM: Misophonia and ASMR <b>28</b> PM: Homophobia within the LGBTQ+ Community.
AM: Decorative Photo Frame <b>29</b> PM: Social Media Influencing w/ Curt	AM: UNO <b>30</b> PM: Acceptance PM: Somali Saxiib Session	AM: Tribal Session w/ Millie <b>31</b> PM: Dr. Beth, DNP, ARPN, FMHCNS, BC				

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) 558-8656  
ID#: 592 347 390

SPECIAL THANKS TO:

- Arrowhead Behavioral Health Initiative
- 7E Adult Mental Health Initiative
- CommUNITY Adult Mental Health Initiative
- Region V+ Adult Mental Health Initiative
- FEMA and DHS
- Hennepin County AMHI

