

VPSN OCTOBER 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 AM: BINGO PM: All - Recovery Meeting	2 AM: Stages of Grief PM: LGBTQ+ Wheel of Fortune for Prizes	3 AM: Art Journaling PM: LGBTQ+ Wellbeing: Tim Reardon
4 Paint - Along BOTH AM & PM SESSIONS	5 Creative Writing - BOTH AM & PM SESSIONS	6 AM: Native American Elder Guest Speaker & Talking Circle PM: Chronic Pain Support Group	7 AM: Out-of-the-Box Ted Talk PM: Day of the Dead Teachings: Harvest Celebrations around the World	8 AM: Steps to Combating Loneliness PM: Peer Networking & Training Guest Speaker	9 AM: Somalian Culture PM: LGBTQ+ Bingo for Prizes	10 AM: Rock Art PM: Dealing with Microaggressions
11 AM: Paint - Along PM: Social Influencing w/ Curt	12 Catch Phrase w/ Amazon Gift cards for prizes - BOTH AM & PM SESSIONS	13 AM: 7 Teachings & Talking Circle PM: Chronic Pain Support Group	14 AM: Out-of-the-Box Ted Talk PM: Day of the Dead Teachings: The Aztec Underworld	15 AM: Find Inspiration in Unexpected Things PM: Peer Networking & Training Guest Speaker	16 AM: Grief Support PM: LGBTQ+ UNO for Prizes	17 AM: Art Journaling PM: LGBTQ+ Wellbeing: Tim Reardon
18 Paint - Along BOTH AM & PM SESSIONS	19 AM: Reject Stigma: Anxiety PM: A Brave Story of Transformation from Toni to Anthony	20 AM: 7 Teachings & Talking Circle PM: Chronic Pain Support Group	21 AM: Out-of-the-Box Ted Talk PM: Day of the Dead Teachings: Current Day of the Dead	22 AM: Spoon & Fork Theory PM: All - Recovery Meeting	23 AM: Somalian Culture PM: LGBTQ+ Name That Tune for Prizes	24 AM: Rock Art PM: Asexual Week: Guest Speaker
25 Paint - Along BOTH AM & PM SESSIONS	26 UNO w/ Amazon Gift cards for prizes - BOTH AM & PM SESSIONS	27 AM: 7 Teachings & Talking Circle PM: Chronic Pain Support Group	28 AM: Out-of-the-Box Ted Talk PM: Day of the Dead Teachings: Preparing an Alter	29 AM: How to Effectively Use Your Communication Styles PM: All - Recovery Meeting	30 AM: Grief Support Guest Speaker PM: LGBTQ+ Games for Prizes	31 Halloween Party - Dress Up for Drawing Prizes BOTH AM & PM SESSIONS

CLICK BELOW TO SEE THE LIST OF SUPPLIES FOR EACH OF THE ACTIVITIES IN OCTOBER
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 ON 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