



VPSN JULY 2022



Monday TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>Check out our Virtual Peer Support Network Open daily - 10 to 4. ZOOM ID# 592-347-390 or click the VPSN Logo at www.mnwitw.org/vpsn. Morning Session 10-1, activity/topic at 1130. Afternoon Session 1 to 4, activity/topic at 230</p>		<p>For a list of supplies that are needed for activities, visit our website at www.mnwitw.org/vpsn</p>		<p>Monthly Center Spotlight: Woodland Centers Willmar, MN Want us to visit your center/drop-in? Email VPSN.info@gmail.com</p>		<p>AM: DBT Skills ¹ PM: Book Club: Emotional Intelligence by Daniel Goldman</p>		<p>AM: Togolese Culture ² PM: LGBTQIA+ Yahtzee for Prizes</p>		<p>AM: Chronic Pain Support ³ PM: LGBTQIA+ Guest Tim Reardon</p>			
<p>AM: Paint Along: ⁴ Fireworks over water PM: Paint Along: 4th of July Fireworks</p>		<p>AM: Mental Health Education ⁵ PM: Recovery Bingo for Prizes</p>		<p>AM: Native American Culture ⁶ PM: Open Art Studio</p>		<p>AM: WRAP Skills ⁷ PM: Virtual Museum tour in Mexico (Avail in Spanish)</p>		<p>AM: DBT Skills ⁸ PM: Peer Networking & Connection</p>		<p>AM: BIPOC Cultural Session ⁹ PM: LGBTQIA+ Creative Writing</p>		<p>AM: Chronic Pain Support ¹⁰ PM: LGBTQIA+ Farkle for Prizes</p>	
<p>AM: Paint Along: ¹¹ Moon in Black & White PM: Paint Along: Pink Flamingo</p>		<p>AM: Yahtzee for Prizes ¹² PM: Learn About Harm Reduction</p>		<p>AM: Native American Culture ¹³ PM: Art Journaling</p>		<p>AM: Out of the Box Ted Talk ¹⁴ PM: Conversational Spanish</p>		<p>AM: DBT Skills ¹⁵ PM: Book Club: Emotional Intelligence by Daniel Goldman</p>		<p>AM: Togolese Culture ¹⁶ PM: LGBTQIA+ Uno for Prizes</p>		<p>AM: Chronic Pain Support ¹⁷ PM: LGBTQIA+ Guest Tim Reardon</p>	
<p>AM: Paint Along: ¹⁸ Zen Lotus Flower PM: Paint Along: Lighthouse Silhouette</p>		<p>AM: Stress Reduction ¹⁹ PM :Farkle for Prizes</p>		<p>AM: Native American Culture ²⁰ PM: Rock Painting</p>		<p>AM: WRAP Skills ²¹ PM: Mexican Legends and Myths (Avail in Spanish)</p>		<p>AM: DBT Skills ²² PM: Peer Networking: Free Naloxone Training w/ CEUs</p>		<p>AM: BIPOC Cultural Session ²³ PM: LGBTQIA+ Improv</p>		<p>AM: Chronic Pain Support ²⁴ PM: LGBTQIA+ Bingo</p>	
<p>AM: Paint Along: ²⁵ Howling Coyote PM: Paint Along: Colorful Rainbow Tree</p>		<p>AM: Uno for Prizes ²⁶ PM: Time Management</p>		<p>AM: Native American Culture ²⁷ PM: Art Journaling</p>		<p>AM: Out of the Box Ted Talk ²⁸ PM: Conversational Spanish</p>		<p>AM: DBT Skills ²⁹ PM: Book Club: Emotional Intelligence by Daniel Goldman</p>		<p>AM: Togolese Culture ³⁰ PM: LGBTQIA+ Yahtzee for Prizes</p>		<p>AM: Chronic Pain Support ³¹ PM: LGBTQIA+ Guest Tim Reardon</p>	

FREE 18 & Older

MN Only

Funded by the following AMHIs : Arrowhead, CommUNITY, Region 7E, NW8, Region 5+, SW18, Hennepin County, Ramsey County