



DECEMBER 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | | |
|--|---|--|---|--|---|---|--|
| <p>Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585</p> | | <p>Daily Schedule 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion</p> | | <p>1 AM: DBT Skills PM: Cookie Recipes </p> | | <p>2 AM: Tourists in Nigeria PM: Uno </p> | |
| <p>3 AM: Tim Reardon Support Group PM: Goal Setting</p> | <p>4 AM: Shoulder Yoga Reflections PM: Journaling</p> | <p>5 AM: Improv PM: Self Acceptance</p> | <p>6 AM: Islam 101 PM: Moon Painting </p> | <p>7 AM: Mental Wellness PM: Conversational Spanish</p> | <p>8 AM: DBT Skills PM: Hannukah</p> | <p>9 AM: Virtual Tour PM: Catchphrase </p> | |
| <p>10 AM: Farkle PM: Body Doubling</p> | <p>11 AM: Calming Music PM: Just Move</p> | <p>12 AM: Generosity PM: Laugh Factory </p> | <p>13 AM: Sights & Sounds of Turkey PM: Paint a Squirrel </p> | <p>14 AM: WRAP Skills Virgin of Guadalupe PM: </p> | <p>15 AM: DBT Skills PM: Cookie History</p> | <p>16 AM: Wedding foods in Nigeria PM: Charades </p> | |
| <p>17 AM: Tim Reardon Support Group PM: Goal Setting</p> | <p>18 AM: Tai Chi PM: Orbs Triangle</p> | <p>19 AM: Yahtzee PM: Holiday Self Care</p> | <p>20 AM: African Music PM: Blueberry Painting </p> | <p>21 AM: Mental Wellness Winter Traditions PM: </p> | <p>22 AM: DBT Skills PM: Kwanzaa</p> | <p>23 AM: The Oldest Civilization PM: Categories </p> | |
| <p>24 AM: Family Feud PM: Body Doubling</p> | <p>25 AM: Holiday Party PM: Holiday Party </p> | <p>26 AM: Continuing Connection PM: Finding Purpose</p> | <p>27 AM: Cultural Series PM: Snowflake Craft </p> | <p>28 AM: WRAP Skills PM: Short Movies Club</p> | <p>29 AM: DBT Skills PM: Naloxone Training</p> | <p>30 AM: Islamic Womens Rights PM: Yahtzee </p> | |
| <p>31 AM: Tim Reardon Support Group PM: New Years Resolutions</p> | | | <p> Signifies a session in Spanish Signifies a LGBTQIA2S+ Session Signifies a session with a guest speaker Signifies a JEDI Series session</p> | | <p> Signifies opportunity to win 5\$ gift card Signifies art session</p> | | |

Free Peer Support for ages 18+ Available to MN Residents