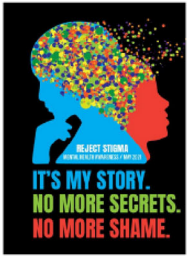


VPSN MENTAL HEALTH AWARENESS MONTH MAY 2021



REJECT STIGMA CAMPAIGN

During the month of May, VPSN will focus on rejecting the stigma of Mental Health. Each Monday, Wednesday, and Friday afternoon there will be lots of great information, like-minded collaboration, building friendships, personal stories, speakers, prize giveaways, and more!

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:
www.mnwitw.org/vpsn (click on logo)
 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

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|--|--|--|---|--|
| | | | | | AM 1 Creative Writing | AM 2 Fiber Arts |
| | | | | | PM LGBTQ+ & Mental Health | PM LGBTQ+ - Bingo for Prizes |
| AM 3 Social Media Influencing w/ Curt | AM 4 Star Wars Trivia for Prizes | AM 5 Tribal Session - Four Directions Teaching | AM 6 Cooking Demo w/ Trish | AM 7 Recovery Session w/ Sammer | AM 8 Poetry | AM 9 Crafty-Talk (Craft Social) |
| PM Open Mic: Rejecting Stigma of Diagnosis | PM Star Wars Trivia for Prizes | PM Rejecting Stigma Workshop | PM Conversational Spanish w/ Edén | PM KEYNOTE SPEAKER Chris Uchello | PM LGBTQ+ - Building a Strong Support System | PM LGBTQ+ - Name that Tune for Prizes |
| AM 10 Karen's Story: From Foster Care to Social Worker | AM 11 Improv Games | AM 12 Tribal Session - Four Directions Teaching | AM 13 Recovery Bingo | AM 14 Senior Session: Living with Grief | AM 15 Writing a Memoir | AM 16 Fiber Arts |
| PM Open Mic: Rejecting Stigma of Addiction | PM Improv Games | PM Rejecting Stigma Workshop | PM Community Building w/ Edén (Avail. in Spanish) | PM KEYNOTE SPEAKER Steven Samra | PM Addiction within the LGBTQ+ Community | PM LGBTQ+ - Trivia for Prizes |
| AM 17 Social Media Influencing w/ Curt | AM 18 Bingo for Prizes | AM 19 Tribal Session - Four Directions Teaching | AM 20 Cooking Demo w/ Trish | AM 21 Recovery Session w/ Sammer | AM 22 Short Stories | AM 23 Crafty-Talk (Craft Social) |
| PM Open Mic: Rejecting Stigma of Nationality | PM Bingo for Prizes | PM Rejecting Stigma Workshop | PM Conversational Spanish w/ Edén | PM KEYNOTE SPEAKER Edén Arroyo | PM LGBTQ+ Prejudice and Discrimination | PM LGBTQ+ - Improv |
| AM 24 Karen's Story: From Foster Care to Social Worker | Live Stream of Storytellers/ Multicultural Conference (for both AM & PM sessions) | AM 26 Tribal Session - Four Directions Teaching | AM 27 Art Therapy for LGBTQ+ Friends & Family | AM 28 Senior Session: Storytelling | AM 29 Skit Writing | AM 30 Fiber Arts |
| PM Open Mic: Rejecting Stigma of LGBTQ+ | | PM Rejecting Stigma Workshop | PM Community Building w/ Edén (Avail. in Spanish) | PM KEYNOTE SPEAKER Ben Ramsey | PM Resources for the LGBTQ+ Community | PM LGBTQ+ - Creative Writing |
| AM 31 Social Media Influencing w/ Curt | | | | | | |
| PM Open Mic: Rejecting Stigma | | | | | | |