



# VPSN

# JUNE

# 2022



*Monday* **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

<p>Monthly Center Spotlight: Pine County Drop In, Pine City, MN          Want us to visit your center/drop-in?          Email <a href="mailto:VPSN.info@gmail.com">VPSN.info@gmail.com</a></p>		<p>AM: Native American Culture <sup>1</sup>          PM: Open Art Studio</p>	<p>AM: Discover your Aztec horoscope (Avail in Spanish) <sup>2</sup>          PM: Out of the Box Ted Talk</p>	<p>AM: DBT Skills <sup>3</sup>          PM: Book Club: Emotional Intelligence by Daniel Goldman</p>	<p>AM: Creative Ways African Women Support Themselves &amp; Their Families <sup>4</sup>          PM: LGBTQIA+ Yahtzee for Prizes</p>	<p>AM: Chronic Pain Support <sup>5</sup>          PM: LGBTQIA+ Guest Tim Reardon</p>	
<p>AM: Paint Along: Rainy Night <sup>6</sup>          PM: Paint Along: Nature Scenery</p>	<p>AM: Mental Health Education <sup>7</sup>          PM: Uno for Prizes</p>	<p>AM: Native American Culture <sup>8</sup>          PM: Rock Painting</p>	<p>AM: Vacations in México (Avail in Spanish) <sup>9</sup>          PM: Qi Gong</p>	<p>AM: Wellbeing Session <sup>10</sup>          PM: Peer Networking &amp; Connection</p>	<p>AM: Cultural Session <sup>11</sup>          PM: LGBTQIA+ Farkle for Prizes</p>	<p>AM: Chronic Pain Support <sup>12</sup>          PM: LGBTQIA+ Improv</p>	
<p><b>FREE 18 &amp; Older</b></p>	<p>AM: Paint Along: Seaside Flip Flop <sup>13</sup>          PM: Paint Along: Splatter Wave</p>	<p>AM: Karaoke <sup>14</sup>          PM: Tapping Techniques</p>	<p>AM: Native American Culture <sup>15</sup>          PM: Art Journaling</p>	<p>AM: Museum tour (Avail in Spanish) <sup>16</sup>          PM: Out of the Box Ted Talk</p>	<p>AM: DBT Skills <sup>17</sup>          PM: Book Club: Emotional Intelligence by Daniel Goldman</p>	<p>AM: Why Abuse of Women Still Exists in African Culture Today <sup>18</sup>          PM: LGBTQIA+ Uno for Prizes</p>	<p>AM: Chronic Pain Support <sup>19</sup>          PM: LGBTQIA+ Guest Tim Reardon</p>
	<p>AM: Paint Along: Midnight Sail <sup>20</sup>          PM: Paint Along: Pride Flower</p>	<p>AM: Creating a Severe Weather Plan <sup>21</sup>          PM: Farkle for Prizes</p>	<p>AM: Native American Culture <sup>22</sup>          PM: Create a Flower Pot</p>	<p>AM: Art session: Experimental Collage (Avail in Spanish) <sup>23</sup>          PM: Qi Gong</p>	<p>AM: DBT Skills <sup>24</sup>          PM: Peer Networking: Free Naloxone Training w/ CEUs</p>	<p>AM: Cultural Session <sup>25</sup>          PM: LGBTQIA+ Bingo for Prizes</p>	<p>AM: Chronic Pain Support <sup>26</sup>          PM: LGBTQIA+ Creative Writing</p>
	<p>AM: Paint Along: But First Coffee <sup>27</sup>          PM: Paint Along: Cactus Sunrise</p>	<p>AM: Improv <sup>28</sup>          PM: First Gay Pride Parade &amp; Stonewall Riots</p>	<p>AM: Native American Culture <sup>29</sup>          PM: Turtle Origami</p>	<p>AM: Conversational Spanish <sup>30</sup>          PM: Out of the Box Ted Talk</p>	<p>Check out our Virtual Peer Support Network          Open daily - 10 to 4. ZOOM ID# 592-347-390          or click the VPSN Logo at <a href="http://www.mnwitw.org/vpsn">www.mnwitw.org/vpsn</a>.          Morning Session 10-1, activity/topic at 1130.          Afternoon Session 1 to 4, activity/topic at 230</p>		

**MN Only**

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