



# VPSN JUNE 2023



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

Check out our Virtual Peer Support Network! Open Daily 10am-4pm Use Zoom ID 439 275 1585 in the Zoom app



Signifies a LGBTQIA2S+ Session



Signifies a session with gift card availability

					1	2	3
					AM: Mental Wellness PM: City Skyline Painting	AM: DBT Skills PM: Intentional Peer Support	AM: Catch Phrase PM: Yahtzee @
AM: Improv PM: Chronic Pain Support	AM: Mindfulness: Nerographic art PM: Reflection Journaling	AM: Uno @ PM: Pride Month	AM: Black Canvas Painting PM: Exploring Spirituality	AM: WRAP Skills PM: TED Talk	AM: DBT Skills PM: Intentional Peer Support	AM: Nigeria/Togolese Music PM: Farkle @	
AM: Chronic Pain Support PM: Tim Reardon Support Group	AM: Self-Love Journaling PM: Mindfulness: Making Sounds	AM: Yahtzee @ PM: Pride Month	AM: Open Art Studio PM: History of the US Flag	AM: Mental Wellness PM: Bluebird Painting	AM: DBT Skills PM: Intentional Peer Support	AM: Pictionary PM: Uno @	
AM: Creative Writing PM: Chronic Pain Support	AM: Mindfulness: Positive memories PM: Art Journaling	AM: Juneteenth PM: Pride Month	AM: Nature Scenery PM: Farkle @	AM: WRAP Skills PM: TED Talk	AM: DBT Skills PM: Intentional Peer Support	AM: Popular food in West Africa PM: Yahtzee @	
AM: Chronic Pain Support PM: Tim Reardon Support Group	AM: Gratitude Journaling PM: Mindfulness: Categories	AM: Farkle @ PM: Pride Month	AM: Open Art Studio PM: VPSN Scavenger Hunt	AM: Mental Wellness PM: Rustic American Flag Painting	AM: DBT Skills PM: Naloxone Training with CEUs		

FREE PEER SUPPORT 18 AND OLDER

AVAILABLE TO MINNESOTA RESIDENTS

AM Session: 10am-1pm with programming 11:30am-12:30pm

PM Session: 1pm-4pm with programming 2:30pm-3:30pm

For a list of supplies utilized during some activities, visit our website at [www.mnwitw.org/calendar-of-sessions](http://www.mnwitw.org/calendar-of-sessions)

Funded by the following AMHIs: Arrowhead, Region 7E, NW8, Region 5+, SW18, Hennepin County, Ramsey County  
If you are interested in providing financial support for VPSN, visit [www.mnwitw.org](http://www.mnwitw.org) and click Donate Now.