



VPSN MARCH 2021



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM: Melted Crayon Suncatcher 1 PM: Social Media Influencing w/ Curt	AM: Name that 1960's Tune w/ Prizes 2 PM: Benefits of Volunteering PM: Somali Saxiib Session	AM: Tribal Session w/ Millie 3 PM: Dr. Beth, DNP, ARPN, FMHCNS, BC	AM: Mindful Movement for Chronic Pain & Chair Yoga 4 PM: Building Community w/ Edén (Available in Spanish)	AM: Senior Session: BINGO w/ Prizes 5 PM: Sammer: Getting Out of Your Own Way	AM: Art Therapist 6 PM: LGBTQ+: How to Cope With Stigma	AM: How to Effectively Use Your Communication Style 7 PM: LGBTQ+ Trivia w/ Prizes
AM: Paper Wrapped Candle 8 PM: Guest Speaker:: Self Care	AM: Multi-tasking 9 PM: Creative Hour PM: Somali Saxiib Session	AM: Tribal Session w/ Millie 10 PM: Nurse Nancilyn, RN, PSS	AM: Short Story Reading and Discussion 11 PM: Building Community w/ Edén (Available in Spanish)	AM: Recovery Session 12 PM: Sammer: Finding Our Place in the World	AM: Art Therapist 13 PM: LGBTQ+: Acrylic Rainbow Canvas Art	AM: Open Forum Social Session 14 PM: LGBTQ+ Open Forum Social Session
AM: Greeting Card Book 15 PM: Social Media Influencing w/ Curt	AM: IMPROV 16 PM: Presentation and Conversation on Grief PM: Somali Saxiib Session	AM: Tribal Session w/ Millie 17 PM: Dr. Beth, DNP, ARPN, FMHCNS, BC	AM: Finding Meaning During Hard Times 18 PM: Building Community w/ Edén (Available in Spanish)	AM: Senior Session: Crochet with Julie 19 PM: Guest Speaker: Melissa	AM: Art Therapist 20 PM: LGBTQ+ Session: Being an Ally to LGBTQ+ People	AM: SMART Goal Setting 21 PM: LGBTQ+ BINGO w/ Prizes
AM: Acrylic Sunset Cactus 22 PM: Guest Speaker: Self Care	AM: Body Neutrality 23 PM: Creative Writing PM: Somali Saxiib Session	AM: Tribal Session w/ Millie 24 PM: Nurse Nancilyn, RN, PSS	AM: Mental Health Benefits of Gardening 25 PM: Building Community w/ Edén (Available in Spanish)	AM: Recovery Session 26 PM: Sammer: Setting Ourselves Apart	AM: Art Therapist 27 PM: LGBTQ+ Puzzle Art: Creating a Rainbow on Canvas or Poster Board	AM: Misophonia and ASMR 28 PM: Homophobia within the LGBTQ+ Community.
AM: Decorative Photo Frame 29 PM: Social Media Influencing w/ Curt	AM: UNO 30 PM: Acceptance PM: Somali Saxiib Session	AM: Tribal Session w/ Millie 31 PM: Dr. Beth, DNP, ARPN, FMHCNS, BC				

CLICK BELOW TO SEE THE LIST OF SUPPLIES FOR EACH OF THE ACTIVITIES IN MARCH: SUPPLIES

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: <https://www.mnwitw.org/vpsn> and click the VPSN icon.
 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

