

VPSN February 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|--|
| <p>Black History Month</p> | <p>1 AM: Setting & Keeping Healthy Boundaries PM: Yahtzee</p> | <p>2 AM: Native American Culture: 4 Agreements PM: Chronic Pain Support: Self Care</p> | <p>3 AM: Ted Talk "Color Blind or Color Brave?" PM: Hispanic/Mexican Celebrations</p> | <p>4 AM: Spring Forest Qi Gong Practice w/ Honore PM: All Recovery Meeting</p> | <p>5 AM: Togolese Culture PM: LGBTQIA+ Session - UNO</p> | <p>6 AM: Open Art Studio Time PM: LGBTQIA+ Session - Farkle for Prizes</p> |
| <p>7 AM: Peacock Paint Along PM: Bike Basket Bouquet Paint Along</p> | <p>8 AM: Why Black History Month Matters PM: Escape Room</p> | <p>9 AM: Native American Culture: 4 Agreements PM: Chronic Pain Support: Using Laughter</p> | <p>10 AM: Grief Support: Speaker Ted Bowman PM: Conversational Spanish</p> | <p>11 AM: DBT Skills: Distress Tol. - Distracting/Self Soothing PM: Peer Networking/Training</p> | <p>12 AM: Culture of Somalia: Music PM: Live Cooking Demo</p> | <p>13 AM: Creating Calming Jars PM: Tim Reardon: Sending Ourselves a Valentine, Every Day</p> |
| <p>14 Valentine's Day AM: Rustic Heart Paint Along PM: Valentine's Day Tree of Hearts</p> | <p>15 AM: Reject Stigma of OCD PM: UNO Game for Prizes</p> | <p>16 AM: Native American Culture: 4 Agreements PM: Chronic Pain Support: Exercise and Activity</p> | <p>17 AM: Ted Talk "An Underwater Art Museum" PM: Virtual Museum Tour</p> | <p>18 AM: Spring Forest Qi Gong Practice w/ Honore PM: All Recovery Meeting</p> | <p>19 AM: Togolese Culture: Women's Head Wrap/Special Occasions PM: LGBTQIA+: Haiku Writing</p> | <p>20 AM: Art Journaling PM: LGBTQIA+ Session - Name that Tune 80's</p> |
| <p>21 AM: Daisies Paint Along PM: Hot Air Balloons Paint Along</p> | <p>22 AM: Preparing for Mental Health Day on the Hill PM: Name that Tune for Prizes</p> | <p>23 AM: Native American Culture: 4 Agreements PM: Chronic Pain Support: Relaxation & Distraction</p> | <p>24 Mental Health Day on the Hill AM: Zen Garden PM: Art Session - A Map of your Soul</p> | <p>25 AM: DBT Skills: Distress Tol. - Improving the Moment PM: Peer Networking/Training</p> | <p>26 AM: Culture of Somalia: Fashion PM: LGBTQIA+ Session: Aromatic Awareness</p> | <p>27 AM: Rock Painting PM: Tim Reardon: 'Having Fun with our Feelings and Needs'</p> |
| <p>28 AM: Butterfly Paint Along PM: Happy Camper Paint Along</p> | <p>Check out our Virtual Peer Support Network: Open daily - 10am to 4pm some evening recovery meetings. ZOOM ID# 592-347-390 or click the VPSN Logo at www.mnwitw.org/vpsn. Morning Session 10-1, activity at 1130. Afternoon Session 1 to 4, activity at 230</p> | | | <p>All sessions are FREE 18 & Older MN Residents</p> | <p>Funded by the following AMHIs: Arrowhead CommUnity Region 7E</p> | <p>Region 8 Region 5+ Southwest 18 Hennepin County Ramsey County</p> |