



VPSN MARCH 2023



SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

<p>Check out our Virtual Peer Support Network Open daily 10 to 4. Zoom ID 439 275 1585 or click the VPSN logo at www.mnwitw.org/vpsn Morning session 10-1, activity/topic from 11:30-12:30 Afternoon session 1-4, activity/topic from 2:30-3:30 For a list of our supplies for activities, visit our website at mnwitw.org/calendar-of-sessions</p>		<p>AM: Open Art Studio ¹</p> <p>PM: Farkle for a prize</p>	<p>AM: Mental Wellness ²</p> <p>PM: Conversational Spanish Disp. en Espanol</p>	<p>AM: DBT Skills ³</p> <p>PM: Peer Networking: Trauma Informed Peer Support (starts at 2)</p>	<p>AM: Togolese Culture ⁴</p> <p>PM: LGBTQIA2S+ UNO for a Prize</p>	
<p>AM: LGBTQIA2S+ ⁵ Creative writing</p> <p>PM: Chronic Pain Support</p>	<p>AM: Meditation Journaling ⁶</p> <p>PM: Art Session: How to Draw HANDS and HAND POSES!</p>	<p>AM: Woman's History Month ⁷</p> <p>PM: LGBTQIA2S+ Yahtzee for a Prize</p>	<p>AM: Open Art Studio ⁸</p> <p>PM: Staff Culture Series: Monica</p>	<p>AM: WRAP Skills ⁹</p> <p>PM: Conversational Spanish Disp. en Espanol</p>	<p>AM: DBT Skills ¹⁰</p> <p>PM: Peer Networking: Trauma Informed Peer Support (starts at 2)</p>	<p>AM: Somali Support Group ¹¹</p> <p>PM: Farkle for a prize</p>
<p>AM: Chronic Pain Support ¹²</p> <p>PM: LGBTQIA2S+ Guest Speaker Tim Reardon</p>	<p>AM: Art Session: Rock Painting a Colorful Owl ¹³</p> <p>PM: Art Journaling- Self Compassion and Self Awareness Three Circle Model</p>	<p>AM: Pi Day Trivia ¹⁴</p> <p>PM: Woman's History Month</p>	<p>AM: Open Art Studio ¹⁵</p> <p>PM: History of St. Patrick's Day</p>	<p>AM: Mental Wellness ¹⁶</p> <p>PM: Conversational Spanish Disp. en Espanol</p>	<p>AM: DBT Skills ¹⁷</p> <p>PM: Peer Networking: Trauma Informed Peer Support (starts at 2)</p>	<p>AM: Togolese Culture: Mental Health ¹⁸</p> <p>PM: LGBTQIA2S+ : UNO for a Prize</p>
<p>AM: LGBTQIA2S+ Improv ¹⁹</p> <p>PM: Chronic Pain Support</p>	<p>AM: Reflective Journaling ²⁰</p> <p>PM: Art Session: How To Draw Flowers</p>	<p>AM: Woman's History Month ²¹</p> <p>PM: LGBTQIA2S+ : Farkle for a Prize</p>	<p>AM: Open Art Studio ²²</p> <p>PM: Karaoke</p>	<p>AM: WRAP Skills ²³</p> <p>PM: Conversational Spanish Disp. en Espanol</p>	<p>AM: DBT Skills ²⁴</p> <p>PM: Peer Networking: Naloxone Training *CEU's</p>	<p>AM: Somali Support Group ²⁵</p> <p>PM: Yahtzee for a Prize</p>
<p>AM: Chronic Pain Support ²⁶</p> <p>PM: LGBTQIA2S+ Guest Speaker Tim Reardon</p>	<p>AM: Art Session: Winter Snow Landscape Acrylic Painting ²⁷</p> <p>PM: Gratitude Journaling</p>	<p>AM: Budgeting with Cameron ²⁸</p> <p>PM: Woman's History Month</p>	<p>AM: Open Art Studio ²⁹</p> <p>PM: Visit with Legislators</p>	<p>AM: Mental Wellness ³⁰</p> <p>PM: Conversational Spanish Disp. en Espanol</p>	<p>AM: DBT Skills ³¹</p> <p>PM: Peer Networking: Legislative Update</p>	

FREE 18 & Older

MN Only

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