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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			AM: VPSN Anniversary BINGO & Bring a Friend Drawing PM: Card Making w/ Edén Available in Spanish	1 AM: Recovery Session - Walking the Walk w/ Sammer PM: Parent Support Group w/Karen	2 AM: Art Therapy w/ Theresa PM: LGBT+ Support Group: BINGO	3 AM: Coping Skills BINGO PM: LGBT+ Support Group
AM: Coffee Filter Crafts PM: Women's Support Group w/ Karen	5 AM: Somali Saxiib Session PM: Creative Hour	6 AM: Tribal Session PM: Nurse Nanclyn - Maslow's Hierarchy of Needs	7 AM: Embracing Stress PM: Conversational Spanish Skills w/ Edén	8 AM: Senior Session - Storytelling PM: Conversations w/ Sammer - Death, Dying & Living w/ Grief	9 AM: Art Therapy w/ Theresa PM: LGBT+ Support Group: Exploring Asexuality	10 AM: All About Autism w/ Katie PM: LGBT+ Support Group: Sexual Orientation Vs. Gender Identity
AM: Recycled Jar Fairy Garden PM: Social Influencing w/ Curt	12 AM: Somali Saxiib Session PM: Stained Glass Art Using Paper	13 AM: Tribal Session PM: Dr. Beth - Promoting Personal/Social Health & Well-being w/ Emotional Intelligence	14 AM: Birdwatching and Mindfulness PM: Children's Stories and Folktales w/ Edén Available in Spanish	15 AM: Recovery Session - Keeping it Real w/ Sammer PM: Parent Support Group w/Karen	16 AM: Art Therapy w/ Theresa PM: LGBT+ Support Group: Social Movements	17 AM: Scattergories PM: LGBT+ Support Group
AM: Keychain Pendant PM: Women's Support Group w/ Karen	19 AM: Somali Saxiib Session PM: Creative Writing	20 AM: Tribal Session PM: Nurse Nanclyn - "The Stressors Game Show"	21 AM: Complaining Transformed PM: Conversational Spanish Skills w/ Edén	22 AM: Senior Session PM: Conversations w/ Sammer - Friendship	23 AM: Art Therapy w/ Theresa PM: LGBT+ Support Group: Poetry	24 AM: Relationships PM: LGBT+ Support Group: Create a Pride Flower Pot
AM: DIY De-Stress Aromatherapy Shower Tablets PM: Social Influencing w/ Curt	26	27 AM: Tribal Session PM: Dr. Beth - Promoting Personal/Social Health & Well-being w/ Emotional Intelligence	28 AM: Love Language PM: Community Building w/ Edén Available in Spanish	29 AM: Recovery Session Growing Pains w/ Sammer PM: Parent Support Group w/Karen	30	

CLICK BELOW TO SEE THE LIST OF SUPPLIES FOR EACH OF THE ACTIVITIES IN APRIL [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

