



VPSN JULY 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 AM: Inner Child Love PM: Exploring our Humanness with Krisie	2 Show 'N Tell for both AM & PM Sessions	3 AM: LGBTQ+ Connect PM: Recovery Bingo	4 AM: LGBTQ+ Connect PM: Games & prizes for the holiday!	5 AM: LGBTQ+ Connect PM: Open Forum Support
6 Self Esteem both AM and PM Sessions	7 AM: Tell Me Your Story PM: Ask-a-Therapist	8 AM: Housing with Chris PM: Exploring our Humanness with Krisie	9 Spelling Bee for both AM & PM Sessions	10 AM: LGBTQ+ Connect PM: Trivia	11 AM: LGBTQ+ Connect PM: Chair Yoga	12 AM: LGBTQ+ Connect PM: Open Forum Support
13 Peer Support both Am and PM sessions	14 AM: Tell Me Your Story PM: Ask-a-Therapist	15 AM: Listening Skills PM: Exploring our Humanness with Krisie	16 Share Your Frugal Crafting/Cooking Tips for both Sessions	17 AM: LGBTQ+ Connect PM: Name That Tune	18 AM: LGBTQ+ Connect PM: Meditation with Bryce	19 AM: LGBTQ+ Connect PM: Open Forum Support
20 Motivation both AM and PM Sessions	21 AM: Tell Me Your Story PM: Ask-a-Therapist	22 AM: Resource Network PM: Exploring our Humanness with Krisie	23 Poetry & Writing for both AM & PM Sessions	24 AM: LGBTQ+ Connect PM: Name That Movie	25 AM: LGBTQ+ Connect PM: Affirmations	26 AM: LGBTQ+ Connect PM: Open Forum Support
27 Suicide Prevention both AM and PM Sessions	28 AM: Bryce's Story PM: Ask-a-Therapist	29 AM: Emot. Intelligence PM: Exploring our Humanness with Krisie	30 Crochet & Knitting 101 for both AM & PM Sessions	31 AM: LGBTQ+ Connect PM: Psych! Virtual Board Game		

EVERYONE WELCOME!

Sessions (AM & PM)

Each morning session runs from 10am to 1pm and each afternoon session runs from 1pm to 4pm. If the sessions are reaching max capacity, we may have to separate them by county. The groups are otherwise open to everyone.

To Join Zoom Meeting:

Visit our website: Mnwitw.org then click on the icon;
Go to <https://us02web.zoom.us/j/592347390>
or by phone: 312-686-6799 ID #592347390;
Facebook: <https://www.facebook.com/witwmn>

Special Thanks to:

MN Dept. of Human Services
CommUNITY Adult Mental Health Initiative
7E Adult Mental Health Initiative
Region V+ Adult Mental Health Initiative