




VPSN FEBRUARY 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: Black History</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: Multicultural Perspectives on Recovery and Wellness with Dr. Ola</p>	<p>AM: Togolese Culture: ⁴</p> <p>PM: LGBTQIA2S+ Uno for a prize</p>
<p>AM: Chronic Pain Support ⁵</p> <p>PM: LGBTQIA2S+ Creative writing</p>	<p>AM: Reflective Journaling ⁶</p> <p>PM: Art session: Draw a House in 1-Point Perspective</p>	<p>AM: How to Apologize ⁷</p> <p>PM: LGBTQIA2S+ Yahtzee</p>	<p>AM: Open Art Studio ⁸</p> <p>PM: Interfaith Spirituality</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: Multicultural Perspectives on Recovery and Wellness with Dr. Ola</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: Paint Along: Paint A Hedgehog ¹³</p> <p>PM: Self-love/ Affirmations Journaling</p>	<p>AM: Valentines Day History ¹⁴</p> <p>PM: UNO for a prize</p>	<p>AM: Open Art Studio ¹⁵</p> <p>PM: Black History</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: Multicultural Perspectives on Recovery and Wellness with Dr. Ola</p>	<p>AM: Togolese Culture ¹⁸</p> <p>PM: LGBTQIA2S+ Farkle For A Prize</p>
<p>AM: Chronic Pain Support ¹⁹</p> <p>PM: LGBTQIA2S+ Improv</p>	<p>AM: Journaling From Prompt ²⁰</p> <p>PM: Art Session: Zentangle Designs</p>	<p>AM: How to Ask for an Apology ²¹</p> <p>PM: LGBTQIA2S+ Farkle For a Prize</p>	<p>AM: Open Art Studio ²²</p> <p>PM: Presidents Day Trivia</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: Legislative Update</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: Paint Along: Flower Painting ²⁷</p> <p>PM: Visual/Art Journaling</p>	<p>AM: Budgeting w/Cameron ²⁸</p> <p>PM: Staff Culture Series</p>	<p style="text-align: center;">  CELEBRATING BLACK HISTORY MONTH!  </p>			

FREE 18 & Older

MN Only

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