



MARCH 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 Daily Schedule 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion				 Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585				 1 AM: DBT Skills PM: Bullet Journaling		2  AM: Islamic Women's Rights PM: Scattergories 			
3 AM: Yahtzee  PM: Creative Writing	4 AM: Chair Zumba Grounding PM: Techniques	5 AM: BRITE PM: LGBTQ+ in Media	6  AM: JEDI Cardinal PM: Drawing 	7 AM: WRAP Skills Aztec PM: Horoscope	8 AM: DBT Skills PM: International Womens' Day	9  AM: Top 10 Cities in Turkey PM: Scattergories 							
10  AM: Tim Reardon Support Group PM: Resolving Conflict	11 AM: Art Interpretation PM: Seated Full Body Stretching	12 AM: Benefits of Music PM: Farkle 	13  AM: Racial Equity 101 PM: Impressionist Painting 	14 AM: Mental Wellness PM: Spring Festivities & Traditions	15 AM: DBT Skills PM: Know Your Consumer Rights	16  AM: Historic Role of Islamic Women PM: Uno 							
17 AM: Name That Tune  PM: St. Patrick's Day	18 AM: Leg Strength Self-Massage & PM: Meditation	19 AM: BRITE PM: Gender Identities	20  AM: Ramadan 101 PM: Controlling Your Inbox	21 AM: WRAP Skills Conversational PM: Spanish	22 AM: DBT Skills PM: Goof Off Day	23  AM: History of Istanbul PM: Farkle 							
24  AM: Tim Reardon Support Group PM: March Madness	25 AM: Art: Emotional Interpretation PM: DISCO Chair Workout	26  AM: Financial Wellness PM: Yahtzee 	27  AM: JEDI Paint Cute PM: Colorful Birds 	28 AM: Mental Wellness Short Videos PM: Club	29 AM: DBT Skills PM: Problem Gambling	30  AM: Culture & Religion PM: Uno 							
31 AM: Farkle  PM: Easter Traditions	 Signifies a session in Spanish  Signifies a LGBTQIA2S+ session  Signifies guest speaker session  Signifies a JEDI Series session												

Free Peer Support for ages 18+ Available to MN Residents



Signifies a chance to win 5\$ gift card



Signifies art session - see supply list