

VPSN APRIL 2022

Monday TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

FREE
18 &
Older
MN
Only

<p>Monthly Center Spotlight: Damiano Center- Duluth, MN. Want us to visit your center/drop-in? Email VPSN.info@gmail.com</p>	<p>Check out our Virtual Peer Support Network: Open daily - 10 to 4. ZOOM ID# 592-347-390 or click the VPSN Logo at www.mnwitw.org/vpsn. Morning Session 10-1, activity at 1130. Afternoon Session 1 to 4, activity at 230</p>			<p>AM: Spring Forest ¹ Qi Gong Practice w/ Honore <small>April Fool's Day!</small> PM: All Recovery Meeting</p>	<p>AM: Togolese ² Culture: Farming in Togo PM: LGBTQIA+ Farkle</p>	<p>AM: Open Art Studio Time ³ PM: LGBTQIA+ Creative Writing</p>
<p>AM: Paint Along: ⁴ Tree of Magnolia PM: Paint Along: "A New Day" Spring Tree</p>	<p>AM: Embracing ⁵ Stress PM: Recovery Bingo</p>	<p>AM: Native ⁶ American Culture: Lakota Teachings PM: Chronic Pain Support</p>	<p>AM: Out of the ⁷ Box Ted Talk PM: Conversational Spanish w/ Edén</p>	<p>AM: DBT Skills - ⁸ PM: Peer Networking & Training</p>	<p>AM: Culture of ⁹ Somalia: Safari, Music & Fashion PM: LGBTQIA+ Yahtzee</p>	<p>AM: Rock ¹⁰ Painting PM: LGBTQIA+ Guest Tim Reardon</p>
<p>AM: Paint Along: ¹¹ Simple Sand Dollar PM: Paint Along: Springtime Cherry Blossoms</p>	<p>AM: Scattergories ¹² PM: Relationships</p>	<p>AM: Native ¹³ American Culture: Lakota Teachings PM: Chronic Pain Support</p>	<p>AM: Ted Bowman ¹⁴ Grief Support PM: Latinx/Hispanic Traditions w/Edén Available in Spanish</p>	<p>AM: Spring Forest ¹⁵ Qi Gong Practice w/ Honore PM: All Recovery Meeting</p>	<p>AM: Togolese ¹⁶ Culture: Bread Factory in Togo PM: LGBTQIA+ Improv</p>	<p>AM: Art ¹⁷ Journaling PM: LGBTQIA+ Bingo</p>
<p>AM: Paint Along: ¹⁸ Van Gogh Almond Branches PM: Paint Along: Paradise Cove</p>	<p>AM: Reject Stigma ¹⁹ Substance Use Disorder PM: Farkle</p>	<p>AM: Native ²⁰ American Culture: Lakota Teachings PM: Chronic Pain Support</p>	<p>AM: Out of the Box ²¹ Ted Talk PM: Virtual Museum Tour w/Edén Avail. in Spanish</p>	<p>AM: DBT Skills ²² PM: Peer Networking - Legislative Visit EARTH</p>	<p>AM: Culture of ²³ Somalia: Music, Fashion & Future PM: LGBTQIA+ Yahtzee</p>	<p>AM: Rock ²⁴ Painting PM: LGBTQIA+ Guest Tim Reardon</p>
<p>AM: Paint Along: ²⁵ Dragonfly PM: Paint Along: Sunset in Venice</p>	<p>AM: Uno ²⁶ PM: Love Language</p>	<p>AM: Native ²⁷ American Culture: Lakota Teachings PM: Chronic Pain Support</p>	<p>AM: DIY Galaxy ²⁸ Jars PM: Art Session w/ Eden Avail. in Spanish</p>	<p>AM: Spring Forest ²⁹ Qi Gong Practice w/ Honore PM: All Recovery Meeting</p>	<p>AM: Togolese ³⁰ Culture: African Fashion Dresses PM: LGBTQIA+ Celebrating Lesbian Visibility</p>	<p>AM: Art ³¹ Journaling PM: LGBTQIA+ Yahtzee</p>

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