



# VPSN APRIL 2023



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



Signifies a LGBTQIA2S+ Session



Significa una sesión que está disponible en español



Signifies a session with a guest speaker



Signifies a session with gift card availability

Check out our Virtual Peer Support Network!  
Open Daily 10am-4pm  
Use Zoom ID 439 275 1585 in the Zoom app

**1**  
**AM:** The Power of Accepting Oneself  
**PM:** Improv!

FREE PEER SUPPORT 18 AND OLDER

AVAILABLE TO MINNESOTA RESIDENTS

**2**  
**AM:** Creative Writing  
**PM:** Chronic Pain Support

**3**  
**AM:** Self Love Journaling  
**PM:** Mindfulness: Touch

**4**  
**AM:** Autism Awareness Day  
**PM:** Uno @

**5**  
**AM:** Open Art Studio  
**PM:** Atomic Habits

**6**  
**AM:** WRAP Skills  
**PM:** Bilingual Art: Paper Maché

**7**  
**AM:** DBT Skills  
**PM:** Celebrating 3 Years of VPSN! @

**8**  
**AM:** Mental Health Stigma/BIPOC Community  
**PM:** Farkle @

**9**  
**AM:** Chronic Pain Support  
**PM:** Tim Reardon Support Group

**10**  
**AM:** Mindfulness: Pictures and Judgements  
**PM:** Art Journaling

**11**  
**AM:** Exploring Spirituality--Ojibwe  
**PM:** Yahtzee @

**12**  
**AM:** Open Art Studio  
**PM:** Atomic Habits

**13**  
**AM:** Mental Wellness  
**PM:** "Semana Santa" Death & Rebirth in Mexico

**14**  
**AM:** DBT Skills  
**PM:** Peer Networking: Spring into Action

**15**  
**AM:** Shopping at the Biggest Market in Togo  
**PM:** Uno @

**16**  
**AM:** Your Story: Open Mic  
**PM:** Chronic Pain Support

**17**  
**AM:** Bullet Journaling  
**PM:** Mindfulness: Seeking Clarity

**18**  
**AM:** Staff Culture Series-Muhannah  
**PM:** Farkle @

**19**  
**AM:** Open Art Studio  
**PM:** Celebrating Earth Day

**20**  
**AM:** WRAP Skills  
**PM:** Bilingual Art: Drawing for "non-artists"

**21**  
**AM:** DBT Skills  
**PM:** Peer Networking: Legislative Update

**22**  
**AM:** Self-Love Journey of a Person of Color  
**PM:** Yahtzee @

**23**  
**AM:** Chronic Pain Support  
**PM:** Tim Reardon Support Group

**24**  
**AM:** Mindfulness: Mandalas and Coloring Books  
**PM:** Reflection Journaling

**25**  
**AM:** Financial Wellness w/Cameron  
**PM:** Uno @

**26**  
**AM:** Open Art Studio  
**PM:** Lesbian Visibility Day

**27**  
**AM:** Mental Wellness  
**PM:** Short Movie Club: Lighting God Bedtime Story

**28**  
**AM:** DBT Skills  
**PM:** Peer Networking: Volunteerism

**29**  
**AM:** Understanding Togolese/Nigerian Culture, Open Forum  
**PM:** Farkle @

**30**  
**AM:** Karaoke  
**PM:** Chronic Pain Support

AM Session: 10am-1pm with programming 11:30am-12:30pm  
PM Session: 1pm-4pm with programming 2:30pm-3:30pm  
For a list of supplies utilized during some activities, visit our website at [www.mnwitw.org/calendar-of-sessions](http://www.mnwitw.org/calendar-of-sessions)