



SEPTEMBER 2023



NOW OPEN 9AM-5PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585 in the Zoom App</p>	<p> Significa una sesión que está disponible en español</p> <p> Signifies a LGBTQIA2S+ Session</p> <p> Signifies a session with a guest speaker</p> <p> Signifies a JEDI Series session</p>	<p>DAILY SCHEDULE 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion</p>			<p>1 AM: DBT Skills PM: Portage for a Purpose </p>	<p>2 AM: Traditional Turkish Clothing PM: Farkle </p>
<p>3 AM: Goal Setting Getting Started PM: Creative Writing</p>	<p>4 AM: Mindfulness: Breathing PM: Bullet Journaling</p>	<p>5 AM: QPR PM: LGBTQIA+ Terminology </p>	<p>6 AM: What is JEDI? PM: How to Paint a Sunflower </p>	<p>7 AM: Mental Wellness PM: Cultural Art </p>	<p>8 AM: DBT Skills PM: Writing Saves Lives </p>	<p>9 AM: Togolese Marriage Proposals PM: Uno </p>
<p>10 AM: Improv PM: Tim Reardon Support Group</p>	<p>11 AM: Gratitude Journaling PM: Mindfulness: Nero Graphical Art </p>	<p>12 AM: Levels of Suicide Care PM: Yahtzee </p>	<p>13 AM: Hispanic Heritage Month PM: Leaf Scenery Drawing </p>	<p>14 AM: WRAP Skills PM: Different Greetings</p>	<p>15 AM: DBT Skills PM: Surviving Suicide </p>	<p>16 AM: Traditional Turkish Group Dance PM: Scattergories </p>
<p>17 AM: Goal Setting PM: Trivia </p>	<p>18 AM: Mindfulness: Sounds PM: Art Journaling </p>	<p>19 AM: Warmline & 988 PM: Allyship & Support</p>	<p>20 AM: Immigration PM: Paint Lavender Flowers </p>	<p>21 AM: Mental Wellness PM: (Short) Movies Club</p>	<p>22 AM: DBT Skills PM: You Are Not Alone </p>	<p>23 AM: Popular Snacks in Nigeria/Togo PM: Yahtzee </p>
<p>24 AM: Categories PM: Tim Reardon Support Group</p>	<p>25 AM: Self-Love Journaling PM: Mindfulness: Guided imagery</p>	<p>26 AM: Financial Wellness PM: Uno </p>	<p>27 AM: Co-Occurring Stigmas PM: Scenery with Color Pencils </p>	<p>28 AM: WRAP Skills PM: CLOSED</p>	<p>29 CLOSED VPSN will be closed so that our staff may attend our annual conference. To register for our conference, visit https://bit.ly/3OZ2zmj</p>	<p>30 AM: Traditional Yufka Bread PM: Farkle </p>

\$5 Amazon gift cards are sent activity winners, wherever you see

For a list of supplies utilized during some activities marked with , visit our website at www.mnwitw.org/calendar-of-sessions

Funded by the following AMHIs: Arrowhead, Region 7E, NW8, Region 5+, SW18, Hennepin County, Ramsey County
If you are interested in providing financial support for VPSN, visit www.mnwitw.org and click Donate Now.