



VIRTUAL PEER SUPPORT NETWORK

FROM 10AM TO 4PM - 7 DAYS A
WEEK
LAUNCH DATE APRIL 1

JOIN OUR VIRTUAL MEETINGS-
WE HAVE CREATED INVITING AND
ENGAGING ZOOM MEETINGS THAT
PROMOTE MENTAL WELLNESS AND
COMMUNITY FOR PEOPLE LIVING WITH
MENTAL HEALTH CHALLENGES-
EACH MEETING IS HOSTED BY A PEER
SPECIALIST WITH SIMILAR LIFE
EXPERIENCES.

JOIN VIA ZOOM ID# 592-347-390
OR CALL (646)558-8656 TO JOIN BY
PHONE

HOW TO JOIN A ZOOM MEETING:
[HTTPS://SUPPORT.ZOOM.US/HC/EN-
US/ARTICLES/201362193-JOINING-A-
MEETING](https://support.zoom.us/hc/en-us/articles/201362193-joining-a-meeting)

WELCOME TO THE VIRTUAL PEER SUPPORT NETWORK- APRIL TIME SLOTS



Please note the days and slots for your area. You may join via Zoom or by phone.
 We will be repeating daily activities every two hours.
 Watch for these colors on the calendar to see which day fits for where you live.

If you live in **Pine County**, **Stearns County**, **Wright County**, **Benton County**, **Sherburne County**, **Todd County**, **Wadena County**, **Crow Wing County**, **Morrison County**, **Aitkin County**, **Cass County**, **Leech Lake Band**, **Mille Lacs Band**. All other Minnesota Counties.

MONDAY (Games/Prizes)	TUESDAY (Tell Me Your Story)	WEDNESDAY (Wellness Tools)	THURSDAY (Show us your skills)	FRIDAY (Viewer's Choice)	SATURDAY (Crafts)	SUNDAY (Self-Care)
Stearns 10AM-12PM>	Wright	Benton	Sherburne	Stearns, Benton	Sherburne, Wright	Pine
Todd, Wadena, Mille Lacs Band 12PM-2PM>	Pine	Crow Wing, Cass	Pine	Morrison, Aitkin, Leech Lake Band	Pine	Todd, Cass Wadena, Crow Wing, Morrison, Aitkin, Leech Lake Band, Mille Lacs Band
OPEN TO ALL MN COUNTIES 2PM-4PM>	OPEN TO ALL MN COUNTIES	OPEN TO ALL MN COUNTIES	OPEN TO ALL MN COUNTIES	OPEN TO ALL MN COUNTIES	OPEN TO ALL MN COUNTIES	OPEN TO ALL MN COUNTIES

If you have questions please email us at vpnsn.info@gmail.com or text/call (763)301-1645.

We want to say a special thank you to our sponsors:

- Catholic Charities
- Minnesota Department of Human Services
- CommUNITY Adult Mental Health Initiative
- Pine County Health & Human Services
- Region V+ Adult Mental Health Initiative

Created and facilitated through:

