

# VPSN SEPTEMBER 2021

TO JOIN OR LEARN MORE GO TO <https://www.mnwitw.org/vpsn>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		AM: Talking Circle <sup>1</sup>  PM: IMPROV	AM: Out-of-the-Box Ted Talk <sup>2</sup>  PM: Art w/ Intention (Available in Spanish)	AM: UNO <sup>3</sup>  PM: All-Recovery Meeting	AM: Creativity Hour <sup>4</sup>  PM: LGBTQ+ Open Forum/Social Networking	AM: Wheel of Fortune <sup>5</sup>  PM: Guest Speaker - Evan Rosenthal
AM: Paint - Along: Peaceful Posies <sup>6</sup>  PM: Paint - Along	AM: What does recovery mean to you? <sup>7</sup> PM: What does recovery mean to you?	AM: Talking Circle <sup>8</sup>  PM: Chronic Pain Support	AM: Gardening and Your Mental Health <sup>9</sup>  PM: Lateia Mexicana/Mexican BINGO	AM: Senior BINGO <sup>10</sup>  PM: Peer Specialist Networking	AM: Culture of Somalia <sup>11</sup>  PM: LGBTQ+ Wheel of Fortune	AM: RockPainting <sup>12</sup>  PM: Guest Speaker - Tim Reardon
AM: Paint - Along: Paint a Raven <sup>13</sup>  PM: Social Media Influencing with Curt	AM: Scattergories <sup>14</sup>  PM: Scattergories	AM: Talking Circle <sup>15</sup>  PM: Karaoke	AM: Out-of-the-Box Ted Talk <sup>16</sup>  PM: Mexican Independence Day Trivia	AM: Big BINGO Bash with Prizes! <sup>17</sup>  PM: CLOSED	AM: CLOSED <sup>18</sup>  PM: CLOSED	AM: Art Journaling <sup>19</sup>  PM: Guest Speaker- Evan Rosenthal
AM: Paint - Along: Simple Rose Bouquet <sup>20</sup>  PM: Paint - Along	AM: Let's talk about Suicide <sup>21</sup>  PM: Let's talk about Suicide	AM: Talking Circle <sup>22</sup>  PM: Chronic Pain Support	AM: Beginners Yoga <sup>23</sup>  PM: Conversational Spanish	AM: Senior Storytelling <sup>24</sup>  PM: Peer Specialist Networking	AM: Culture of Somalia <sup>25</sup>  PM: LGBTQ+ Creative Writing	AM: Rock Painting <sup>26</sup>  PM: Guest Speaker - Tim Reardon
AM: Paint - Along: Dandelion <sup>27</sup>  PM: Social Media Influencing with Curt	AM: Family Feud <sup>28</sup>  PM: Family Feud	AM: Talking Circle <sup>29</sup>  PM: Catch Phrase	AM: Out-of-the-Box Ted Talk <sup>30</sup>  PM: Bullet Journal (Available in Spanish)			

CLICK BELOW TO SEE THE LIST OF SUPPLIES FOR EACH OF THE ACTIVITIES IN SEPTEMBER

[SUPPLIES](#)

AM SESSIONS ARE FROM 10 AM -1 PM  
PM SESSIONS ARE FROM 1 PM -4 PM  
EVERYONE WELCOME

TO JOIN OUR ZOOM MEETINGS, VISIT OUR WEBSITE:  
<https://www.mnwitw.org/vpsn>  
AND CLICK ON THE VPSN ICON.

BY PHONE CALL: (646) 558-8656 ID#: 592 347 390

SPECIAL THANKS TO:

- Arrowhead Behavioral Health Initiative
- 76 Adult Mental Health Initiative
- CommUNITY Adult Mental Health Initiative Region V+
- Adult Mental Health Initiative
- FEMA and DHS
- Hennepin County AMHI