



VPSN

SEPTEMBER

2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Check out our Virtual Peer Support Network
 Open daily 10 to 4. Zoom ID 439 275 1585
 or click the VPSN logo at www.mnwitw.org/vpsn
 Morning session 10-1, activity/topic from 11:30-12:30
 Afternoon session 1-4, activity/topic from 2:30-3:30
 For a list of our supplies for activities, visit our website
 at mnwitw.org/calendar-of-sessions

AM: WRAP Skills ¹
 PM: Mesoamerican
 Mythology
 Avail. in Spanish

AM: DBT Skills ²
 PM: Peer
 Networking:
 Imagining the
 Future

AM: Effects of
 Depression for
 Men in African
 Culture
 PM: Creative
 Writing

AM: Chronic Pain ⁴
 and Depression
 PM: LGBTQIA2S+
 Uno for Prizes

AM: Paint Along: ⁵
 Dragonfly Pond
 PM: Paint Along:
 Pt. 1-Smoky
 Mountain Sunset

AM: Farkle for Prizes ⁶
 PM: Guest Speaker
 Sarah- LGBTQIA2S+
 Mental Health & Safety
 "Flipping the Script"

AM: Native
 American Culture ⁷
 PM: Open Art
 Studio

AM: Mental
 Wellness ⁸
 PM: Conversational
 Spanish

AM: DBT Skills ⁹
 PM: Cooking
 Videos

AM: Somali
 Support Group ¹⁰
 PM: LGBTQIA2S+
 Yahtzee for Prizes

AM: Chronic Pain ¹¹
 Support
 PM: LGBTQIA2S+
 Guest Speaker Tim
 Reardon

AM: Paint Along: ¹²
 Scenic Mountain
 PM: Paint Along:
 Pt. 2 Smoky
 Mountain Sunset

AM: Guest Speaker ¹³
 Jode- QPR for CEU's
 PM: LGBTQIA2S+
 Uno for Prizes

AM: Native
 American Culture ¹⁴
 PM: Open Art
 Studio

AM: WRAP Skills ¹⁵
 PM: Mexican
 Independence
 Avail. in Spanish

AM: Mindfulness ¹⁶
 PM: Peer
 Networking:
 Supporting Persons
 Experiencing Suicidal
 Ideation

VPSN is Closed ¹⁷
for the Wellness
in the Woods
Annual
Conference

AM: Chronic Pain ¹⁸
 and Anxiety
 PM: LGBTQIA2S+
 Farkle for Prizes

AM: Paint Along: ¹⁹
 Full Moon & Stars
 PM: Paint Along:
 Pt. 1 Secret
 Garden

AM: Yahtzee for ²⁰
 Prizes
 PM: What is 988?
 What are Some
 Other Crisis
 Resources?

AM: Native
 American Culture ²¹
 PM: Open Art
 Studio

AM: Mental
 Wellness ²²
 PM: World
 Narcolepsy Day
 Avail. in Spanish

AM: DBT Skills ²³
 PM: Celebrate
 Bisexuality Day

AM: Improve Your
 Self Esteem as a
 Woman ²⁴
 PM: LGBTQIA2S+
 Uno for Prizes

AM: Chronic Pain ²⁵
 Support
 PM: LGBTQIA2S+
 Guest Speaker Tim
 Reardon

AM: Paint Along: ²⁶
 Dreamy Day-
 Rainbow Sky &
 Clouds
 PM: Paint Along:
 Pt. 2 Secret Garden

AM: Guest ²⁷
 Speaker Evan-
 "Portaging for a
 Purpose"
 PM: LGBTQIA2S+
 Farkle for Prizes

AM: Native
 American Culture ²⁸
 PM: Open Art
 Studio

AM: WRAP Skills ²⁹
 PM: Conversational
 Spanish

AM: DBT Skills ³⁰
 PM: Free Naloxone
 Training- CEU's
 Avail. & Free Kit

SUICIDE PREVENTION
 AWARENESS MONTH 

FREE
18 &
Older

MN
Only

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