

# VPSN

# March

# 2022

FREE  
18 &  
Older  
MN  
only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monthly Center Spotlight: Damiano Center- Duluth, MN. Want us to visit your center/drop-in? Email VPSN.info@gmail.com	<sup>1</sup> AM: Open Mic - What's Your Story? PM: Recovery Bingo	<sup>2</sup> AM: Native American Culture: 4 Agreements PM: Chronic Pain Support	<sup>3</sup> AM: Out of the Box Ted Talk PM: Community Building w/ Eden Available in Spanish & English	<sup>4</sup> AM: Spring Forest Qi Gong Practice w/ Honore PM: All Recovery Meeting	<sup>5</sup> AM: Togolese Culture PM: LGBTQIA+ Session - Farkle	<sup>6</sup> AM: Open Art Studio Time PM: LGBTQIA+ Session - Creative Writing/Poetry
<sup>7</sup> AM: Guided Paint Along PM: Guided Paint Along	<sup>8</sup> AM: Self Esteem Practice & Education PM: Farkle Game	<sup>9</sup> AM: Native American Culture: 4 Agreements PM: Chronic Pain Support	<sup>10</sup> AM: Grief Support: Ted Bowman PM: Community Building w/ Eden Avail. in Spanish & English	<sup>11</sup> AM: DBT Skills - Radical Acceptance PM: Peer Networking & Training	<sup>12</sup> AM: Culture of Somalia PM: LGBTQIA+ Session - UNO	<sup>13</sup> AM: Art Journaling PM: LGBTQIA+ Session - Guest Tim Reardon
<sup>14</sup> AM: Guided Paint Along PM: Guided Paint Along	<sup>15</sup> AM: Reject Stigma of OCD PM: UNO Game for Prizes	<sup>16</sup> AM: Native American Culture: 4 Agreements PM: Chronic Pain Support	<sup>17</sup> AM: Out of the Box Ted Talk PM: Community Building w/ Eden Available in Spanish	<sup>18</sup> AM: Spring Forest Qi Gong Practice w/ Honore PM: All Recovery Meeting	<sup>19</sup> AM: Togolese Culture PM: LGBTQIA+ Session - Bingo	<sup>20</sup> AM: Art Journaling PM: LGBTQIA+ Session - Improv
<sup>21</sup> AM: Guided Paint Along PM: Guided Paint Along	<sup>22</sup> AM: Preparing for Mental Health Day on the Hill PM: Name that Tune for Prizes	<sup>23</sup> AM: Native American Culture: 4 Agreements PM: Chronic Pain Support	<sup>24</sup> AM: DIY Glow Jars PM: Community Building w/ Eden Available in Spanish	<sup>25</sup> AM: DBT Skills - Current Thoughts PM: Peer Networking & Training	<sup>26</sup> AM: Culture of Somalia PM: LGBTQIA+ Session - Name that Tune 90's	<sup>27</sup> AM: Rock Painting PM: LGBTQIA+ Session - Guest Tim Reardon
<sup>28</sup> AM: Guided Paint Along PM: Guided Paint Along	<sup>29</sup> AM: Catch Phrase PM: Book Club - Clarity & Connection by Young Pueblo	<sup>30</sup> AM: Native American Culture: 4 Agreements PM: Chronic Pain Support	<sup>31</sup> AM: Grief Support: Ted Bowman PM: Community Building w/ Eden Avail. in Spanish	Check out our Virtual Peer Support Network: Open daily - 10 to 4. ZOOM ID# 592-347-390 or click the VPSN Logo at <a href="http://www.mnwitw.org/vpsn">www.mnwitw.org/vpsn</a> . Morning Session 10-1, activity at 1130. Afternoon Session 1 to 4, activity at 230		

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