

# VPSN January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>★ Check out our Virtual Peer Support Network: Open everyday from 10 am - 4 pm and some evening recovery meetings.  <b>ZOOM ID# 592-347-390 or the link below.</b></p>			<p>★ Each day our AM session is from 10 to 1, with an activity or guest speaker at 1130 to 1230. The afternoon session is at 1 to 4, with the focused activity from 230 to 330.</p>		<p>All sessions are <b>FREE</b> 18 &amp; Older MN Residents</p>	
<p>2 <b>AM:</b> Art Journaling  <b>PM:</b> Tim Reardon: Making your New Year's Dreams Come True</p>	<p>3 <b>AM:</b> Paint Along: Stress Relief/Ocean  <b>PM:</b> Paint Along: Four Seasons Tree</p>	<p>4 <b>AM:</b> Play UNO for an Amazon gift card!  <b>PM:</b> Grounding Techniques</p>	<p>5 <b>AM:</b> Native Amer. Culture: 4 Agreements  <b>PM:</b> Chronic Pain Support: Loneliness</p>	<p>6 <b>AM:</b> Out of the Box Ted Talk  <b>PM:</b> Comm. Building: 'Dia de Reyes Magas' (3 Kings Day)</p>	<p>7 <b>AM:</b> Spring Forest Qi Gong Practice w/ Honore  <b>PM:</b> All Recovery Meeting</p>	<p>8 <b>AM:</b> Togolese Culture: Weddings  <b>PM:</b> LGBTQIA+ Session - Play UNO for an Amazon card!</p>
<p>9 Looking at 2022 and beyond by creating Vision Boards during both <b>AM &amp; PM</b> sessions</p>	<p>10 <b>AM:</b> Paint Along: Lilacs in Mason Jar Q-tip Painting  <b>PM:</b> Paint Along: Mt. Fuji/Cherry Blossom</p>	<p>11 <b>AM:</b> Playing some IMPROV games and activities  <b>PM:</b> Promoting Self-Care</p>	<p>12 <b>AM:</b> Native Amer.: 4 Agreements  <b>PM:</b> Chronic Pain Support: Mental Health</p>	<p>13 <b>AM:</b> Grief &amp; Loss Support w/ Ted Bowman  <b>PM:</b> Comm. Building "Moodboard"</p>	<p>14 <b>AM:</b> DBT Skills: Distress Tolerance, Goals  <b>PM:</b> Peer Networking/Support</p>	<p>15 <b>AM:</b> Culture of Somalia: How Somalia is Improving  <b>PM:</b> LGBTQIA+ Session - Poetry</p>
<p>16 <b>AM:</b> Art Journaling  <b>PM:</b> Tim Reardon: Strategies for Sustaining our Resolutions</p>	<p>17 <b>AM:</b> Paint Along: Lotus Pond  <b>PM:</b> Paint Along: Giraffe</p>	<p>18 <b>AM:</b> Reject Stigma: Bipolar Disorder  <b>PM:</b> Playing BINGO for Amazon gift cards</p>	<p>19 <b>AM:</b> Native American Culture: 4 Agreements  <b>PM:</b> Chronic Pain Support: Sleep</p>	<p>20 <b>AM:</b> Out of the Box Ted Talk  <b>PM:</b> Comm Building: Loteria Mexicana (Mexican Bingo)</p>	<p>21 <b>AM:</b> Spring Forest Qi Gong Practice w/ Honore  <b>PM:</b> All Recovery Meeting</p>	<p>22 <b>AM:</b> Togolese Culture: Street Food  <b>PM:</b> LGBTQIA+ Play the Game of Farkle</p>
<p>23 <b>AM:</b> Zentangle Relaxation Art  <b>PM:</b> Coping w/ Microaggressions</p>	<p>24 <b>AM:</b> Paint Along: "Tree" Black/White  <b>PM:</b> Paint Along: "Jellies" How to paint a jellyfish</p>	<p>25 <b>AM:</b> Playing the Game of Boggle  <b>PM:</b> Ways to Avoid Emotional Hijacking</p>	<p>26 <b>AM:</b> Native Amer.: 4 Agreements  <b>PM:</b> Chronic Pain Support: Relationships</p>	<p>27 <b>AM:</b> Grief &amp; Loss Support  <b>PM:</b> Charades &amp; Word Games (English &amp; Spanish)</p>	<p>28 <b>AM:</b> DBT Skills: STOP, Pros &amp; Cons  <b>PM:</b> Peer Networking/Support: What is IPS?</p>	<p>29 <b>AM:</b> Culture of Somalia: Food, Music &amp; Fashion  <b>PM:</b> LGBTQIA+: History of Stonewall</p>
<p>30 <b>AM:</b> Rock Painting  <b>PM:</b> Tim Reardon: Self-Care Strategies During Stressful Encounters</p>	<p>31 <b>AM:</b> Paint Along: Easy Sea Turtle  <b>PM:</b> Paint Along: Koi Fish</p>	<p>Drop-in Center Monthly Spotlight: Kiesler Center - Grand Rapids. Want a visit to your drop-in? Email <a href="mailto:VPSN.info@gmail.com">VPSN.info@gmail.com</a></p>	 <a href="http://www.mnwtw.org/vpsn">www.mnwtw.org/vpsn</a>	 <a href="http://www.mnwtw.org">www.mnwtw.org</a>	<p>To join our Zoom Meetings, Visit our website: <a href="http://mnwtw.org/vpsn">mnwtw.org/vpsn</a> and click on the VPSN icon  By phone call: (646) 558-8656  ID#: 592 347 390</p>	<p>To view the supply list for our activities Visit our <b>CALENDAR OF SESSIONS:</b>  <a href="http://www.mnwtw.org/calendar-of-sessions">www.mnwtw.org/calendar-of-sessions</a>  <a href="http://BlankCalendarPages.com">BlankCalendarPages.com</a></p>

Special Thanks to: Arrowhead Behavioral Health Initiative, 7E Adult Mental Health Initiative, COMMUNITY Adult Mental Health Initiative, Region V+ Adult Mental Health Initiative, FEMA, DHS, and Hennepin County