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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AM: Chair Pilates PM: Grounding Exercises	2 AM: BRITE  PM: LGBTQ+ Art Tour	3 AM: Staying Resilient  PM: Mushroom Rock Painting 	4 AM: WRAP Skills PM: Conversational Spanish	5 AM: DBT Skills PM: Hiking the Appalachian 	6 AM: Tragic Tale of Photograph  PM: Yahtzee 
7 AM: Tim Reardon Support Group  PM: Art Interpretation	8 AM: Chair Yoga PM: Guided Journal	9 AM: Scattogories  PM: Improv	10 AM: Sikhism  PM: Mountain Painting 	11 AM: Mental Wellness PM: Art Through the Ages	12 AM: DBT Skills PM: Hiking the Appalachian 	13 AM: Nigerian Music  PM: Farkle 
14 AM: Uno  PM: Art Interpretation	15 AM: 1980's Workout PM: Prompts for Self Discovery	16 AM: BRITE  PM: LGBTQ+ Mental Health	17 AM: Mental Health in Kenya  PM: Simple Scenery Drawing 	18 AM: WRAP Skills PM: Conversational Spanish	19 AM: DBT Skills PM: Hiking the Appalachian 	20 AM: Ramadan  PM: Yahtzee 
21 AM: Tim Reardon Support Group  PM: Ted Talk 	22 AM: Cardio Chair Dance PM: Mindful Game	23 AM: Yahtzee  PM: Creative Writing	24 AM: LGBTQ+ Workplace  PM: Rainbow Neurographic 	25 AM: Mental Wellness PM: Mindfulness and Art 	26 AM: DBT Skills PM: Naloxone Training 	27 AM: Celebrating Ramadan  PM: Scattogories 
28 AM: Farkle  PM: Spring Trivia	29 AM: Chair Workout PM: Intuitive Art	30 AM: Financial Wellness  PM: Gay Marriage 		Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585		Daily Schedule 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion

-  Signifies a session in Spanish
-  Signifies a LGBTQIA2S+ session
-  Signifies guest speaker session
-  Signifies a JEDI Series session

Free Peer Support for ages 18+
Available to MN Residents



Signifies a chance to win 5\$ gift card



Signifies art session - see supply list