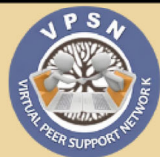


# VPSN NOVEMBER 2021

TO JOIN OR LEARN MORE GO TO [HTTPS://WWW.MNWITW.ORG/VPSN](https://www.mnwitw.org/vpsn)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Paint - Along: Pumpkins & Plaid BOTH AM & PM SESSIONS	2 Catch Phrase BOTH AM & PM SESSIONS	3 AM: Talking Circle PM: Chronic Pain Support Group <small>National Stress Awareness Day</small>	4 AM: Out-of-the-Box Ted Talk PM: Community Building w/ Edén (Avail in Spanish)	5 AM: Growing up on the Iron Rage PM: Peer Networking /Training Session	6 AM: Culture of Somalia PM: LGBTQ+ Games	7 AM: Thankfulness Jar PM: Guest Speaker: Tim Reardon
8 Paint - Along: Sailing on a Fall Day BOTH AM & PM SESSIONS	9 Coping with Seasonal Changes BOTH AM & PM SESSIONS	10 AM: Talking Circle PM: Chronic Pain Support Group	11 AM: Out-of-the-Box Ted Talk PM: Community Building w/ Edén (Avail in Spanish)	12 AM: Senior Session: Writing a Memoir PM: Improv - Prize Drawing for All Participants	13 AM: Movie Quotes Trivia PM: LGBTQ+ Games	14 AM: Art Journaling PM: What it means to be Nonbinary
15 Paint - Along: BOTH AM & PM SESSIONS	16 UNO BOTH AM & PM SESSIONS	17 AM: Talking Circle PM: Chronic Pain Support Group	18 AM: Out-of-the-Box Ted Talk PM: Community Building w/ Edén (Avail in Spanish)	19 AM: What is Qi Gong? PM: Peer Networking /Training Session - Guest Speaker	20 AM: Culture of Somalia PM: LGBTQ+ Games	21 AM: Thanksgiving Pop-Up Card PM: Guest Speaker: Tim Reardon
22 Paint - Along: BOTH AM & PM SESSIONS	23 AM: Reject Stigma PM: Coping with Holidays Game	24 AM: Talking Circle PM: Chronic Pain Support Group	25 AM: Out-of-the-Box Ted Talk PM: Community Building w/ Edén (Avail in Spanish)	26 AM: Senior Bingo PM: Catchphrase - Prize Drawing for All Participants	27 AM: 80's Name That Tune PM: LGBTQ+ Games	28 AM: Art Journaling PM: A Brave Story of Transformation from Sara to Anthony
29 Paint - Along: BOTH AM & PM SESSIONS	30 BINGO BOTH AM & PM SESSIONS					



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
- 7E Adult Mental Health Initiative
- COMMUNITY Adult Mental Health Initiative Region V+ Adult Mental Health Initiative
- FEMA and DHS, and Hennepin County AMHI