



# VPSN AUGUST 2022



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM: Paint Along: <sup>1</sup> "Frida Kahlo" PM: Paint Along: Sea Turtle Silhouette	AM: Mental Wellness <sup>2</sup> PM: Yahtzee for Prizes	AM: Native American Culture <sup>3</sup> PM: Open Art Studio	AM: WRAP Skills <sup>4</sup> PM: Extreme heat care (Avail in Spanish)	AM: DBT Skills <sup>5</sup> PM: Peer Networking & Connection	AM: Somali Cultural Session <sup>6</sup> PM: LGBTQIA2S+ Creative Writing	AM: Chronic Pain <sup>7</sup> Support PM: LGBTQIA2S+ Farkle for Prizes
AM: Paint Along: <sup>8</sup> Van Gogh Series: The Cafe PM: Paint Along: Baby Yoda	AM: Farkle for Prizes <sup>9</sup> PM: Out of the Box Ted Talk	AM: Native American Culture <sup>10</sup> PM: Rock Painting	AM: WRAP Skills <sup>11</sup> PM: Conversational Spanish	AM: DBT Skills <sup>12</sup> PM: Funny Animal Videos	AM: BIPOC Cultural Session <sup>13</sup> PM: LGBTQIA2S+ Yahtzee for Prizes	AM: Chronic Pain <sup>14</sup> Support PM: LGBTQIA2S+ Guest Tim Reardon
AM: Paint Along: <sup>15</sup> Half Flower Skull PM: Paint Along: Drippy Rainbow Lips	AM: Mental Wellness <sup>16</sup> PM: Uno for Prizes	AM: Native American Culture <sup>17</sup> PM: Open Art Studio	AM: WRAP Skills <sup>18</sup> PM: Arts & Crafts: Papel Picado (Avail in Spanish)	AM: DBT Skills <sup>19</sup> PM: Peer Networking: Free Naloxone Training w/ CEUs	AM: Togolese Cultural Session <sup>20</sup> PM: LGBTQIA2S+ Improv	AM: Chronic Pain <sup>21</sup> Support PM: LGBTQIA2S+ Bingo
AM: Paint Along: <sup>22</sup> Sunflower PM: Paint Along: Dreamcatcher	AM: Skattergories <sup>23</sup> for Prizes PM: Out of the Box Ted Talk	AM: Native American Culture <sup>24</sup> PM: Rock Painting	AM: WRAP Skills <sup>25</sup> PM: Conversational Spanish	AM: DBT Skills <sup>26</sup> PM: Funny Animal Videos	AM: Somali Cultural Session <sup>27</sup> PM: LGBTQIA2S+ Uno for Prizes	AM: Chronic Pain <sup>28</sup> Support PM: LGBTQIA2S+ Tim Reardon
AM: Paint Along: <sup>29</sup> Mushroom House PM: Paint Along: Happy Trees Tribute	AM: Mental Wellness <sup>30</sup> PM: Yahtzee for Prizes	AM: Native American Culture <sup>31</sup> PM: Open Art Studio	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/topic at 11:30 Afternoon Session 1-4, activity/topic at 2:30		For a list of supplies that are needed for activities, visit our website at <a href="http://www.mnwitw.org/vpsn">www.mnwitw.org/vpsn</a>	Monthly Center Spotlight: Want us to visit your center/drop-in? Email <a href="mailto:VPSN.info@gmail.com">VPSN.info@gmail.com</a>

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