

VPSN June

2020

Sunday Supports	Maintenance Monday	Tell Me Your Story Tuesday	Wellness Wednesday	Talented Thursday	Friday Fun Day	Soothing Saturday
	1 AM: Self Esteem PM: Thought Changing	2 AM: Tell Me Your Story PM: Ask-a-Therapist	3 AM: Emotional CPR PM: Guest - Krisie	4 AM: Frugal Crafting PM: Frugal Cooking	5 Comedy for both AM & PM Sessions	6 Reflections Journal for both AM & PM Sessions
7 AM: Grief PM: Mental Illness	8 AM: Peer Support PM: Peer Support	9 AM: Teach Me Your Culture PM: Ask-a-Therapist	10 AM: Emotional CPR PM: Guest – Krisie	11 Talent Show for both AM & PM Sessions	12 Recovery Bingo for both AM & PM sessions *amazon gift cards*	13 AM: Strength Building PM: Spirituality
14 AM: Post-Partum Depression PM: Family	15 AM: Work Related Issues PM: Trauma Recovery	16 AM: Tell Me Your Story PM: Ask-a-Therapist	17 AM: Emotional CPR PM: Guest – Krisie	18 Poetry/Letter Writing for both AM & PM Sessions	19 Funniest Home Videos for both AM & PM Sessions	20 AM: Tidy Up Social PM: Coping Skills
21 AM: Child Protection PM: Addiction	22 AM: Suicide Prevention PM: Living Space	23 AM: Teach Me Your Culture PM: Ask-a-Therapist	24 AM: Emotional CPR PM: Guest - Krisie	25 Show 'N Tell Pets for both AM & PM Sessions	26 AM: Name that Tune PM: Name that Movie *amazon gift cards*	27 Affirmation Boards for both AM & PM Sessions
28 AM: Single Parents PM: Life Transitions	29 AM: Enhancing Life PM: Motivation	30 AM: Tell Me Your Story PM: Ask-a-Therapist	AM: Emotional CPR PM: Guest - Krisie			
						

<p>Time slots by county/color code: Benton, Sherburne, Stearns, Wright Aitkin, Cass, Crow Wing, Morrison, Todd, Wadena, Leech Lake and Mille Lacs Band Chisago, Isanti, Kanabec, Mille Lacs, Pine, Mille Lacs Band Open to the Public</p>	<p>Sessions (AM & PM): Each morning session runs from 10am to 1pm and each Afternoon session runs from 1pm to 4pm. We start with each session with some discussion and move into the daily activity or guest speaker listed on the calendar above.</p>	<p>Contact: Join Zoom Meeting: https://us02web.zoom.us/j/592347390 or by phone: 312-686-6799 ID #592347390 Like us on Facebook: Virtual Peer Support Network Minnesota</p>	<p>Special Thanks to: Catholic Charities, MN Dept. of Human Services, COMMUNITY Adult Mental Health Initiative, 7E Adult Mental Health Initiative, Pine County Health and Human Services, Region V+ Adult Mental Health Initiative</p>
---	--	--	--