



# VPSN AUGUST 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 AM: LGBTQ+ Connect PM: Affirmations	2 AM: LGBTQ+ Connect PM: Open Forum Support
3 AM: Thought Changing w/Shelley PM: Motivation Monday	4 AM: Tell Me Your Story PM: Ask-a-Therapist	5 AM: Listening Skills PM: Exploring our Humanness w/ Krisie	6 Show 'N Tell both AM and PM Sessions	7 AM: LGBTQ+ Connect PM: Recovery Bingo	8 AM: LGBTQ+ Connect PM: Chair Yoga	9 AM: LGBTQ+ Connect PM: Open Forum Support
10 AM: Self-Esteem w/Shelley PM: Motivation Monday	11 AM: Tell Me Your Story PM: Ask-a-Therapist	12 AM: Emotional Intelligence PM: Exploring our	13 Poetry & Writing for both AM and PM Sessions	14 AM: LGBTQ+ Connect PM: Trivia	15 AM: LGBTQ+ Connect PM: Mindfulness & Meditation	16 AM: LGBTQ+ Connect PM: Open Forum Support
17 Motivation Monday for both AM and PM Sessions	18 AM: Tell Me Your Story PM: Ask-a-Therapist	19 AM: Personality Types PM: Exploring our Humanness w/ Krisie	20 Share Your Frugal Crafting/Cooking Tips for both Sessions	21 AM: LGBTQ+ Connect PM: Name that Tune	22 AM: LGBTQ+ Connect PM: Journaling	23 AM: LGBTQ+ Connect PM: Open Forum Support
24 AM: Lifestyle Develop. w/ Shelley PM: Motivation Monday	25 AM: Tell Me Your Story PM: Ask-a-Therapist	26 AM: Resource Network PM: Exploring our Humanness w/ Krisie	27 Spelling Bee for both AM and PM Sessions	28 AM: LGBTQ+ Connect Name that Movie	29 AM: LGBTQ+ Connect PM: Pain Management	30 AM: LGBTQ+ Connect PM: Open Forum Support
31 AM: Trauma Recovery w/ Shelley PM: Motivation Monday						

EVERYONE WELCOME!

## Sessions (AM & PM)

Each morning session runs from 10am to 1pm and each afternoon session runs from 1pm to 4pm. If the sessions are reaching max capacity, we may have to separate them by county. The groups are otherwise open to everyone.

## To Join Zoom Meeting:

Visit our website: [Mnwtw.org](http://Mnwtw.org) then click on VPSN icon.  
Go to <https://us02web.zoom.us/j/592347390> or by phone: 312-686-6799 ID #592347390;  
Facebook:  
<https://www.facebook.com/witwmn>

## Special Thanks to:

MN Dept. of Human Services  
CommUNITY Adult Mental Health Initiative  
7E Adult Mental Health Initiative  
Region V+ Adult Mental Health Initiative