

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	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	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				

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

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.

Contact:

Join Zoom Meeting:

<https://us02web.zoom.us/j/592347390>

or by phone: 312-686-6799 ID #592347390

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Virtual Peer Support Network Minnesota

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