



DECEMBER 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585		 Daily Schedule 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion 		1 AM: DBT Skills PM: Cookie Recipes		2 AM: Tourists in Nigeria PM: Uno							
3 AM: Tim Reardon Support Group PM: Goal Setting		4 AM: Shoulder Yoga Reflections PM: Journaling		5 AM: Improv PM: Self Acceptance		6 AM: Islam 101 PM: Moon Painting		7 AM: Mental Wellness PM: Conversational Spanish		8 AM: DBT Skills PM: Hannukah		9 AM: Virtual Tour PM: Catchphrase	
10 AM: Farkle PM: Body Doubling		11 AM: Calming Music PM: Just Move		12 AM: Generosity PM: Laugh Factory		13 AM: Sights & Sounds of Turkey PM: Paint a Squirrel		14 AM: WRAP Skills PM: Virgin of Guadalupe		15 AM: DBT Skills PM: Cookie History		16 AM: Wedding foods in Nigeria PM: Charades	
17 AM: Tim Reardon Support Group PM: Goal Setting		18 AM: Tai Chi PM: Orbs Triangle		19 AM: Yahtzee PM: Holiday Self Care		20 AM: African Music PM: Blueberry Painting		21 AM: Mental Wellness PM: Winter Traditions		22 AM: DBT Skills PM: Kwanzaa		23 AM: The Oldest Civilization PM: Categories	
24 AM: Family Feud PM: Body Doubling		25 AM: Holiday Party PM: Holday Party		26 AM: Continuing Connection PM: Finding Purpose		27 AM: Cultural Series PM: Snowflake Craft		28 AM: WRAP Skills PM: Short Movies Club		29 AM: DBT Skills PM: Naloxone Training		30 AM: Islamic Womens Rights PM: Yahtzee	
31 AM: Tim Reardon Support Group PM: New Years Resolutions				 Signifies a session in Spanish  Signifies a LGBTQIA2S+ Session  Signifies a session with a guest speaker  Signifies a JEDI Series session Free Peer Support for ages 18+ Available to MN Residents  Signifies opportunity to win 5\$ gift card  Siignifies art session									

Funded by the following AMHIs: Arrowhead, Region, NW8, Region 5+, SW18, Hennepin County, Ramsey County, and Mayo Clinic.