

JANUARY 2024

Hours 9-4

Morrison County Drop In Center

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|--|--|---|----------|
| | 1 CLOSED | 2 10:00am Anxiety 2:30pm What is bipolar | 3 10am Crafts 2:30pm Politness | 4 10:00am Home life 10:30 peer meeting 2:30pm Saying no | 5 10:00am Happyness 2:30pm Loyalty | 6 |
| 7 | 8 10:00am Friendship 2:30pm Emotions | 9 10:00am Grief 2:30pm What is worry | 10 10am Crafts 12:00 Bingo 2:30 Loyalty Tammy F. B-Day | 11 10:00am Table talk 2:30pm Depression | 12 10:00am Depression 2:30pm Trust | 13 |
| 14 | 15 10:00am Greatfulness 2:30pm Triggers Sam B. B-Day | 16 10:00am Honesty 2:30pm What is depression | 17 10am Crafts 2:30pm Honesty Patty W. B-Day | 18 10:00am Saying no 2:30pm Table Talk | 19 10:00am Being Kind 2:30pm Smile | 20 |
| 21 | 22 10:00am Trust 2:30pm Friendship | 23 10:00am Politness 2:30pm What is therapy | 24 10am Crafts 2:30pm Calmness | 25 10:00am Winter blues 2:30pm Put yourself first | 26 10:00am Table Talk 2:30pm Joyfulness | 27 |
| 28 | 29 10:00am Saying No 2:30pm Table talk | 30 10:00am Anxiety 2:30pm What is bipolar | 31 10am Crafts 2:30pm Politness | | | |
| | | NOTE: 1-C:OSED 4-10:30am Peer Meeting 10-BINGO | | | | |



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MAY THE NEW YEAR BRING YOU JOY AND HAPPINESS!