

MARCH 2024

Hours 9am-4pm

Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10am Friendliness 2:30pm Coloring	2
3	4 10am Lend a helping hand 2pm How to deal with impossible people	5 10am How do we react to stigma 2:30pm Depression	6 10am Crafts 2:30pm Positive affirmations	7 10am Negative self talk 10:30 Peer Meeting 2:30pm How to deal with impossible	8 10am Dealing with things out of our control 2:30pm Trust	9
10 DAY LIGHT SAVINGS TIME. PUT CLOCKS 1 HOUR AHEAD	11 10am Listen 2:30pm Boundries	12 10am How not to repeat yourself 2:30pm Self Care	13 10am Crafts 12:00 BINGO 2:30pm Nutrition	14 10am Why don't I feel well... 2:30pm Depression	15 10am Others shoes 2:30pm Table talk	16
17 St. Patrick's Day	18 10am Understand the problem 2pm Assertiveness	19 10am Using Advice 2:30pm Anxiety FIRST DAY OF SPRING	20 10am Crafts 2:30pm Setting new boundries	21 10am Seek expert help 2:30pm Trust	22 10am Speak without interruption 2:30pm Grieving	23
24	25 10am Honesty 2:30pm Politness	26 10am State Side clearly 2:30pm Schizophrenia	27 10am Positive affirmations 2:30pm Trust	28 10am Conflict resolution 2:30pm How not to repeat yourself	29 10am Standing up for yourself 2:30pm Friendship	30
31	NOTES: 7-10:30am Peer Meeting 13-12:00 BINGO 10-Day light saving time put clocks 1 hour ahead 17-St. Patrick's Day 19-Spring starts					

Fun Fact:
St. Patrick's Day is a traditional day for spiritual renewal



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Coming together is a beginning; keeping together is progress; working together is success~Henry Ford