

February 2024

Hours 9-4

Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10 am Table talk Peer Meeting 10:30am 2:30pm Saying No	2 10:00am Loyalty 2:30pm Assertiveness Liz B. B-Day, Jennifer R. B-Day	3
4	5 10:00am Self Affirmations 2pm Table Talk	6 10:00am Saying No 2:30pm Self Affirmations	7 10am Crafts 1pm Relaxation class 2:30pm Winter	8 10am Positive affirmations 2:30pm Depression	9 10:00am Emotions 2:30pm Coloring w/Music	10
11 Superbowl 5:25pm	12 10am How to deal with impossible people 2:30pm	13 10:00am Being kind 2:30pm Trama Valentines Day	14 10am Crafts 12:00pm Bingo 1pm Relaxation class 2:30 pm Positive affirmations	15 10am Uncomfortable changes 2:30pm Honesty	16 10:00am Trust 2:30pm Noticing (Awearness)	17
18	19 10:00am Anxiety 2pm Depression	20 10:00am What is therapy 2:30pm Prolonged Grief	21 10am Crafts 1pm Relaxation class 2:30pm Possitive	22 10am Setting new boundries 2:30pm Anxiety	23 10:00am Friendship 2:30pm Negitive actions	24
25	26 10am How not to repeat yourself 2:30pm Possitive acitons	27 10:00am Winter Blues 2:30pm PTSD	28 10am Crafts 1pm Relaxation class 2:30pm Table Talk	29 10:00am Loyalty 2:30pm Assertiveness		
		NOTE: 2-Ground hog day 2-Peer Meeting 10:30am 11-Superbowl 5:25pm 14-Valentines Day Liz B. B-Day, Jennifer R. B-Day				



120 E. Broadway
Little Falls, MN 56345

PHONE: 320.632.7817

pama@orhvw.com

MAY THE NEW YEAR BRING YOU JOY AND HAPPINESS!