



JUNE 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 <p>Daily Schedule 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion</p>						<p>Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585</p>						<p>1 AM: Turkish Music PM: Farkle </p>	
2 AM: Sound Bowl PM: Scattergories 		3 AM: Manifestation Journaling PM: Fun, Low Impact Workout		4 AM: BRITE PM: Pride 101 		5 AM: Kenyan Food  PM: Draw a Dog 		6 AM: Mental Wellness PM: Conversational Spanish		7 AM: DBT Skills PM: Best Summer Ever		8 AM: Self-Love in Islam  PM: Yahtzee 	
9 AM: Tim Reardon Support Group  PM: Summer Trivia		10 AM: Orofacial Release PM: Guided Journaling		11 AM: Uno  PM: Queer Poetry Workshop 		12 AM: LGBTQ+ Sensitivity  PM: Draw a Panda 		13 AM: WRAP Skills PM: Conversational Spanish		14 AM: DBT Skills PM: Planning Your Staycation		15 AM: Village Life in Turkey  PM: Farkle 	
16 AM: Yahtzee  PM: Creative Writing		17 AM: Soul Check-In PM: How To Stretch		18 AM: BRITE PM: Twin Cities Gay Men's Chorus 		19 AM: Cost of Anti DEI  PM: Cotton Swab Painting Style 		20 AM: Mental Wellness PM: Conversational Spanish		21 AM: DBT Skills PM: Summer in MN Bucket List		22 AM: Islam & Christianity Similarities  PM: Uno 	
23 AM: Tim Reardon Support Group  PM: Farkle 		24 AM: Stretches After Sitting All Day PM: Somatic Exercises 		25 AM: Financial Wellness  PM: Bayard Rustin History 		26 AM: Ojibwe History  PM: Watercolor Painting 		27 AM: WRAP Skills PM: Conversational Spanish		28 AM: DBT Skills PM: Naloxone 		29 AM: History of Istanbul  PM: Scattergories 	
30 AM: Uno  PM: Escape Room		 Signifies a session in Spanish  Signifies a LGBTQIA2S+ session  Signifies guest speaker session  Signifies a JEDI Series session		 Free Peer Support for ages 18+ Available to MN Residents  Find us on Facebook https://www.facebook.com/Wellnessinthewoods		 Signifies a chance to win \$5 gift card  Signifies art session - see supply list							

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