



FEBURARY 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Daily Schedule 9a-11a Open Discussion 11a AM Programming 12p-3p Open Discussion 3p PM Programming 4p-5p Open Discussion		Check out our Virtual Peer Support Network! Open Daily 9am-5pm Use Zoom ID 439 275 1585		1 AM: Mental Wellness PM: Virtual World Tour	2 AM: DBT Skills Philautia & Philia PM: Love	3 AM: Islamic Perspective PM: Scattergories
4 AM: Name That Tune PM: Creative Writing	5 AM: Back Stretches PM: Mindfulness Game	6 AM: BRITE Setting Goals PM: LGBT+ in the Military	7 AM: Culture in Recovery PM: Memory Quilt Art	8 AM: WRAP Skills PM: World Festivities	9 AM: DBT Skills Eros, Ludus, Pragma Love PM:	10 AM: Turkish Culture & People PM: Uno
11 AM: Tim Reardon Support Group PM: Football Trivia	12 AM: Art Interpretation Stretches After PM: Sitting	13 AM: BuJo PM: Love Languages	14 AM: De-escalation PM: Convo Hearts	15 AM: Mental Wellness Conversational Spanish PM:	16 AM: DBT Skills PM: Agape Love	17 AM: Life Journey & Spirituality PM: Farkle
18 AM: Yahtzee PM: Presidents Day	19 AM: Morning Stretch PM: Self Massage	20 BRITE AM: Understanding Trauma PM: LGBT+ Art History	21 AM: Luhya Culture African Mask PM: Drawing	22 AM: WRAP Skills ABC in Sign Language PM:	23 AM: DBT Skills PM: Naloxone	24 AM: Hagia Sophia Istanbul PM: Catchphrase
25 AM: Tim Reardon Support Group PM: Improv	26 AM: Art: Emotional Interpretation PM: Chair Stretches	27 AM: Financial Wellness PM: Name that Tune	28 AM: Islam 101 PM: Portrait	29 AM: Mental Wellness Conversational Spanish PM:		

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

Signifies a chance to win 5\$ gift card
 Signifies art session - see supply list