

# JANUARY 2025

Hours 9-4

## Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>CLOSED</b>	2 10:00am Relationship growth activity 10:30 peer meeting 2:30pm Assert yourself	3 10:00am Assert yourself 2:30pm Assert yourself	4
5 <b>Vikings vs Lions</b>	6 10:00am Assert yourself 2:30pm Assert yourself	7 10:00am Assert yourself 2:30pm Assert Yourself	8 10am Crafts 12:00 Bingo 2:30 Assert Yourself	9 10:00am Assert Yourself 2:30pm Assert yourself	10 10:00am 15 ways to improve the Quality of sleep 2:30pm Tips for Avoiding relapse Tammy F. B-Day	11
12	13 10:00am Relapse prevention plan 2:30pm Building discrepancy	14 10:00am Personal recovery packet 2:30pm Addiction discussion	15 10am Crafts 2:30pm What is recovery	16 10:00am Assert yourself 2:30pm Assertiveness	17 10:00am Checklist for assertive behavior 2:30pm Reflections	18
19	20 10:00am Turn "You" into "I" messages 2:30pm Interpersonal effectiveness skills	21 10:00am Communicating with tact and finesse 2:30pm Reflections	22 10am Crafts 2:30pm Relationship conflict resolution	23 10:00am Tip 101 2:30pm Cycle of abuse	24 10:00am Passive, aggressive assertive 2:30pm Aggressive behavior	25
26	27 10:00am Health care directive 2:30pm Managing Holiday stress	28 10:00am Ways to settle conflicts fairly 2:30pm "I" Statements	29 10am Crafts 2:30pm Relationship conflict resolution	30 10:00am Hypoglycemia 2:30pm The cognitive model	31 10:00am Inner engineering 2:30pm Tips for coping with	
		<b>NOTE:</b> 1-C:OSED 2-10:30am Peer Meeting 8-BINGO				



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**MAY THE NEW YEAR BRING YOU JOY AND HAPPINESS!**