

September 2019 Activities



Mon	Tue	Wed	Thu	Fri
2 	3 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	4 10 - 11:30 Creative Circles @ Augustana Church	5 1:30 Leisure Club — Riverside Dam meet @ PHMH	6 10:45 Road to Recovery @ PHMH 1:00 Bowling
9 10:30 Walking @ Y 2:30 Health & Wellness – Financial Wellness	10 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	11 Nat'l Chicken Month  Joon is my name.	12 1:30 Leisure Club — Hobby Lobby meet @ Hobby Lobby	13 9-5 Red River Zoo & West Acres Mall Outing meet @ PHMH 10:45 Road to Recovery @ PHMH 1:00 Bowling
16 10:30 Walking @ Y 2:30 Health & Wellness – Eating Away From Home	17 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	18 10 - 11:30 Creative Circles @ Augustana Church	19 1:30 Leisure Club — Scrapbooking @ PHMH	20 10:45 Road to Recovery @ PHMH 1:00 Bowling
23 10:30 Walking @ Y 2:30 Health & Wellness – Food Safety 5:00 - Movie Night	24 9:00 Client Advisory Board @ PHMH 10:00 Pathways to Wellness @ PHMH 5:00 Peace of Mind	25  HAPPY CAT MONTH! Happy Cat Month	26 1:30 Leisure Club — Dreamcatchers @ PHMH	27 Noon Birthday Club
30 10:30 Walking @ Y 2:30 Health & Wellness – Mystery Topic 	 Chicken photos by Wendy			
Peace of Mind (Schizophrenics Anonymous): This support group meets at Prairie Harvest Mental Health. This group is open to anyone in the community who is struggling with a mental illness. For Prairie Harvest Mental Health clients to arrange a ride please call (701) 795-9143 before noon on				

Open to all Prairie Harvest Mental Health clients. Earn 4,000 wellness points to spend at the Wellness Store by attending groups!

Walking Group: Takes place during the winter months at YMCA. You are encouraged to participate for the full hour but are responsible for your own level of involvement. Contact Renee if you are interested in attending

Prairie Harvest Movie Night: Once a month clients are invited to watch a movie and have pizza at PHMH. This is an opportunity for clients to socialize in a relaxed setting while enjoying a movie and supper. Please contact Wendy if you are interested in attending.

Exercise Group: You are encouraged to participate for the full hour but are responsible for your own level of involvement. If you are interested in attending contact the Renee.

Health and Wellness Group: This group will cover a variety of topics related to living a healthy lifestyle. Meet in the Prairie Harvest Mental Health. If you are interested in attending contact the Renee.

Leisure Club: Focuses on leisure activities and socialization. Participants learn healthy ways to fill their free time. Some examples are: community outings; creating art/crafts; and, learning new hobbies. If you are interested in attending contact Wendy.

Pathways to Wellness: Focuses on a variety of wellness topics such as: employment; physical health; emotional health; and, social health. Clients learn through discussion, interactive activities and skills training. If you are interested in attending contact Wendy.

Creative Circles: This is a social group held on the 1st and 3rd Wednesday of every month at Augustana Lutheran Church. It brings PHMH clients, community members and, church members together to showcase their creativeness; primarily through making craft projects. Contact Wendy if you are interested in attending.