

Mon	Tue	Wed	Thu	Fri
2 11:00 Walking @ Y 2:30 Health & Wellness: <i>Healthy Choices</i>	3 10:00 Pathways to Wellness @ PHMH	4 <b>10 - 11:30 Creative Circles</b> <b>CANCELED</b>	5 1:30 Leisure Club: <i>DIY Popsicle Stick Coasters</i> @PHMH	6 10:45 Activities Group @PHMH: <i>Monopoly Card Game</i>
9 <b>11:00 Walking @ Y</b> 2:30 Health & Wellness: <i>Everybody Knows</i> <b>5 - 7 Movie Night @ PHMH</b>	10 10:00 Pathways to Wellness @ PHMH	11 	12 1:30 Leisure Club: <i>GF Library Meet at Library</i>	13 10:45 Activities Group @PHMH: <i>Sorry Game</i>
16 11:00 Walking @ Y 2:30 Health & Wellness: <i>Benefits of Exercise</i>	17 10:00 Pathways to Wellness @ PHMH	18 <b>10 - 11:30 Creative Circles</b> @ Augustana Church	19 <b>9:00 Maple Lake Trip</b>	20 10:45 Activities Group @PHMH: <i>Yahtzee</i>
23 11:00 Walking @ Y 2:30 Health & Wellness: <i>Flash Cards</i>	24 10:00 Pathways to Wellness @ PHMH	25  National Immunization Awareness Month	26 1:30 Leisure Club: <i>Fall Craft</i> @PHMH	27 10:45 Activities Group @PHMH: <i>Bingo</i>
30 11:00 Walking @ Y 2:30 Health & Wellness: <i>Mystery Topic</i>	31 10:00 Pathways to Wellness @ PHMH <b>11:00 Client Advisory Board</b> @ PHMH			

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

**Contact: 701-795-9143  
Wendy - ext. 22 or Renee - ext. 19**

**Walking Group:** Takes place at YMCA. You are encouraged to participate for an hour but are responsible for your own level of involvement. If you are interested in attending contact Renee.

**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. If you are interested in attending contact Wendy.

**Activities Group:** You are encouraged to participate for an hour but are responsible for your own level of involvement. If you are interested in attending contact 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 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 1<sup>st</sup> and 3<sup>rd</sup> 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. If you are interested in attending contact Wendy.