

# September 2021

**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:** Clients will take part in fun activities, board games and/or bingo while socializing with peers. 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.

Mon	Tue	Wed	Thu	Fri
		1 <b>10 - 11:30 Creative Circles</b> @ Augustana Church	2 1:30 Leisure Club: <i>Grand Forks Public Library</i> (meet @ Library)	3 10:45 Activities Group @PHMH
	7 10:00 Pathways to Wellness @ PHMH <b>1:30 Leisure Club: DIY Wooden Trinket Box</b> @ PHMH		9 Noon Birthday Club @ PHMH	10 10:45 Activities Group @PHMH
13 <b>11:00 Walking @ Y</b> 2:30 Health & Wellness <b>5 - 7 Movie Night @ PHMH</b>	14 10:00 Pathways to Wellness @ PHMH <b>Special Guest Speaker on "Falls Prevention"</b>	15 <b>10 - 11:30 Creative Circles</b> @ Augustana Church	16 1:30 Leisure Club: <i>Parachute Games @ Riverside Park</i> (meet @ park)	17 10:45 Activities Group @PHMH
20 11:00 Walking @ Y 2:30 Health & Wellness	21 10:00 Pathways to Wellness @ PHMH		23 1:30 Leisure Club: <i>Bully Brew Coffee</i> (meet @ Bully Brew)	24 10:45 Activities Group @PHMH
27 11:00 Walking @ Y 2:30 Health & Wellness	28 10:00 Pathways to Wellness @ PHMH <b>11:00 Client Advisory Board</b> @ PHMH		30 1:30 Leisure Club: <i>DIY Fall Pumpkin Décor</i> @ PHMH	