

Mon	Tue	Wed	Thu	Fri
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4 11:00 Walking @ Y 2:30 Health & Wellness	5 10:00 Pathways to Wellness @ PHMH	6 <b>10 - 11:30 Creative Circles</b> @ Augustana Church	7 1:30 Leisure Club: <i>Pumpkin Patch @ Point Paradise Stables E Grand Forks</i> <i>*meet at Point Paradise Stables</i>	8
11 <b>11:00 Walking @ Y</b> 2:30 Health & Wellness <b>5 - 7 Movie Night @ PHMH</b>	12 10:00 Pathways to Wellness @ PHMH	13  OCTOBER IS NATIONAL PROTECT YOUR HEARING MONTH	14 1:30 Leisure Club: <i>GF Public Library</i> <i>*meet at library</i>	15
18 11:00 Walking @ Y 2:30 Health & Wellness	19 10:00 Pathways to Wellness @ PHMH <b>1:30 Leisure Club: Bingo @ PHMH</b>	20 <b>10 - 11:30 Creative Circles</b> @ Augustana Church	21 Birthday Club Noon @ PHMH <i>(Halloween Costumes are Optional)</i>	22
25 11:00 Walking @ Y 2:30 Health & Wellness	26 10:00 Pathways to Wellness @ PHMH <b>11:00 Client Advisory Board @ PHMH</b>	27  NATIONAL BLACK CAT DAY	28 1:30 Leisure Club: <i>Halloween Party @ PHMH</i> <i>(Costumes are Optional)</i>	29 :

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

**Contact: Wendy 701-795-9143 - ext. 22 if you are interested in attending any of these groups.**

**Walking Group:** Takes place at YMCA. You are encouraged to participate for an hour but are responsible for your own level of involvement. .

**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.

**Health and Wellness Group:** This group will cover a variety of topics related to living a healthy lifestyle. Meet at Prairie Harvest Mental Health.

**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.

**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.

**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. .