

# 2021



Mon	Tue	Wed	Thu	Fri
		1 <b>10 - 11:30 Creative Circles @ Augustana Church</b>	2 1:30 Leisure Club: <i>GF Library</i> <u><b>*Meet at Library</b></u>	3 :
6 11:00 Walking @ Y 2:30 Health & Wellness	7 10:00 Pathways to Wellness @ PHMH	8 	9 1:30 Leisure Club: <b>Santa Village @ Columbia Mall</b>	10 <u><b>* Meet at Columbia Mall next to JCPenney (Use South entrance by Men's Warehouse)</b></u>
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>1:30 Leisure Club: Bingo @ PHMH</b>	15 <b>10 - 11:30 Creative Circles @ Augustana Church</b>	16 Christmas Birthday Club Noon @ PHMH	17
20 11:00 Walking @ Y 2:30 Health & Wellness	21 10:00 Pathways to Wellness @ PHMH	22 	23 1:30 Leisure Club: <i>Winter Craft @ PHMH</i>	24  <b>Closed for the Holidays</b>
27 11:00 Walking @ Y 2:30 Health & Wellness	28 10:00 Pathways to Wellness @ PHMH <b>11:00 Client Advisory Board @ PHMH</b>	29 	30 1:30 Leisure Club: <i>New Year's Celebration @ PHMH</i>	31  <b>Closed for the New Year</b>

**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.