

November 2021



Mon	Tue	Wed	Thu	Fri
1 11:00 Walking @ Y 2:30 Health & Wellness	2 10:00 Pathways to Wellness @ PHMH	3 10 - 11:30 Creative Circles @ Augustana Church	4 1:30 Leisure Club: <i>GF Public Library</i> <i>Meet at the Library</i>	5
8 11:00 Walking @ Y 2:30 Health & Wellness 5 - 7 Movie Night @ PHMH	9 10:00 Pathways to Wellness @ PHMH	10 	11 1:30 Leisure Club: <i>DIY Fall Décor Pumpkins</i> @ PHMH	12
15 11:00 Walking @ Y 2:30 Health & Wellness	16 10:00 Pathways to Wellness @ PHMH 1:30 Leisure Club: Bingo	17 10 - 11:30 Creative Circles @ Augustana Church	18 Noon Birthday Club @ PHMH	19
22 11:00 Walking @ Y 2:30 Health & Wellness	23 10:00 Pathways to Wellness @ PHMH	24 	25 	26 
29 11:00 Walking @ Y 2:30 Health & Wellness	30 10:00 Pathways to Wellness @ PHMH 11:00 Client Advisory Board @ PHMH			

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 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. .