



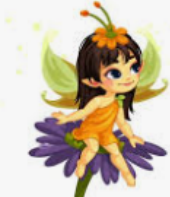




April 2022

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.

Mon	Tue	Wed	Thu	Fri
				1
4 2:30 Health & Wellness	5 10:00 Pathways to Wellness @ PHMH	6 10 - 11:30 Creative Circles @ Augustana Church	7 1:30 Leisure Club: @ PHMH BINGO!	8 
11 2:30 Health & Wellness Movie Night 5-7pm @ PHMH	12 10:00 Pathways to Wellness @ PHMH	13 	14 1:30 Leisure Club: @ River Cinema 15 Time TBD	15  OFFICE CLOSED
18 2:30 Health & Wellness	19 10:00 Pathways to Wellness @ PHMH	20 10 - 11:30 Creative Circles @ Augustana Church	21 1:30 Leisure Club: @ PHMH Ellie's Choice	22
25 2:30 Health & Wellness	26 10:00 Pathways to Wellness @ PHMH	27	28 1:30 Leisure Club: @ PHMH Fairy Gardens	29 

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.