









May 2022



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

Mon	Tue	Wed	Thu	Fri
2 2:30 Health & Wellness	3 10:00 Pathways to Wellness @ PHMH	4 10 - 11:30 Creative Circles @ Augustana Church	5 1:30 Leisure Club: @ PHMH BINGO!	6 
9 2:30 Health & Wellness Movie Night 5-7pm @ PHMH	10 10:00 Pathways to Wellness @ PHMH	11 	12 1:30 Leisure Club: @ Red Ray Lanes Bowling	13 
16 2:30 Health & Wellness	17 10:00 Pathways to Wellness @ PHMH	18 10 - 11:30 Creative Circles @ Augustana Church	19 1:30 Leisure Club: @ PHMH Warm/Cool Painting	20 
23 2:30 Health & Wellness	24 10:00 Pathways to Wellness @ PHMH	25 	26 1:30 Leisure Club: @ PHMH DIY Bird Feeders	27
30 Closed 	31 10:00 Pathways to Wellness @ PHMH			

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. .