

# June 2022



Mon	Tue	Wed	Thu	Fri
<p><b>HAPPY FATHER'S DAY</b></p>	<p><b>June 19th is Father's Day</b></p>	<p>1 <b>10 - 11:30 Creative Circles</b> @ Augustana Church</p>	<p>2 <b>1:30 Leisure Club:</b> @ PHMH <b>DIY "I Am Braver Necklace"</b></p>	<p>3</p>
<p>6 2:30 Health &amp; Wellness</p>	<p>7 10:00 Pathways to Wellness @ PHMH</p>	<p>8  8</p>	<p>9 <b>1:30 Leisure Club:</b> @ PHMH <b>Fairy Gardens</b></p>	<p>10</p>
<p>13 2:30 Health &amp; Wellness</p>	<p>14 10:00 Pathways to Wellness @ PHMH</p>	<p>15 <b>10 - 11:30 Creative Circles</b> @ Augustana Church</p>	<p>16 <b>1:30 Leisure Club:</b> @ PHMH <b>Yard Games</b></p>	<p>17</p>
<p>20 2:30 Health &amp; Wellness <b>Movie Night</b> 5-7pm @ PHMH</p>	<p>21 10:00 Pathways to Wellness @ PHMH</p>	<p>22  22</p>	<p>23 <b>1:30 Leisure Club:</b> <b>@ All Season's Garden Center</b> <b>Scavenger Hunt</b></p>	<p>24</p>
<p>27 2:30 Health &amp; Wellness</p>	<p>28 10:00 Pathways to Wellness @ PHMH <b>Information Center Open House</b> @ PHMH Lower Level <b>11:00am—1pm</b></p>	<p>29  29</p>	<p>30 <b>1:30 Leisure Club:</b> <b>@ Riverside Pool</b> <b>Swimming</b></p>	

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

**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.