



# MOUNTAINBROOKE 2022

## Announcements:

Member's meeting will take place Friday, June 3<sup>rd</sup> at 9:00 AM. Member's Meetings are held the first Friday of the month at 9 AM.

Please see new hours listed.



### Mental Health Hotlines:

211  
800-273-8255

112 North 3<sup>rd</sup> Street  
Grand Forks, North Dakota 58203  
P: (701) 746-4530

Hours:  
Mon.: 8:00 – 4:00  
Tues.: 8:00 – 4:00  
Wed.: 8:00 – 4:00  
Thurs.: 8:00 – 4:00  
Fri.: 8:00 – 4:00

E: [mountainbrookegf@gmail.com](mailto:mountainbrookegf@gmail.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Recovery Ed: NEHSC 11:00 Pool	2 10:00 Food Bank 10:30 Peer Support	3 9:00 Member's Meeting 10:00 Loteria w/ Jerry V.	4 Closed
5 Closed	6 10:00 Current Events 11:00 Sidewalk Art	7 10:00 Peer Support 1:00 Movie (MTB)	8 10:00 Recovery Ed: Suicide Prevention 11:00 Walk the Greenway	9 10:00 Food Bank 10:30 Peer Support	10 10:00 Life Skills: Meditation on the Greenway 1:00 Tomato Todo w/ Jerry	11 Closed
12 Closed	13 10:00 Current Events 11:00 Bowling (MTB)	14 10:00 Peer Support 1:00 Movie (EGF) *Time may vary	15 10:00 Recovery Ed: Anger Management with The Village 11:00 Collages	16 10:00 Food Bank 10:30 NAMI 1:00 Father's Day craft	17 10:00 Life Skills: 11:00 Loteria w/ Jerry V.	18 Closed
19 Closed Father's Day	20 10:00 Current Events 11:00 Walk the Greenway	21 10:00 Peer Support 1:00 Movie (MTB)	22 10:00 Recovery Ed: Tips on letting go 11:00 Card and Board Games	23 10:00 Food Bank 10:30 Peer Support	24 10:00 Life Skills: Mental Wellness Trivia 1:00 Tomato Todo w/ Jerry	25 Closed
26 Closed	27 10:00 Current Events 11:00 Games	28 10:00 Peer Support 1:00 Movie (EGF) *Time may vary	29 10:00 Recovery Ed: Schizophrenia 11:00 Pool	30		