

MON

TUE

WED

THU

FRI

JULY

1

★ 11:00AM - Music Share
2:30PM - Job Search Assistance



2

📅 10AM to 1:30PM - BBQ and Lawn Games at T-Lodge Sign Up Required
📅 2PM to 4PM - 1:1 Meetings

3



Independence Day

6

11AM - Mental Health: Adjusting to Life Changes
1:30PM - Weekly Goal Setting

7

📅 10AM to 12PM - 1:1 Meetings
12PM - JTP
2PM - Pride-Themed Cookie Baking

8

★ 11AM - DBT Skills Group
2PM - Minneapolis Institute of Art

9

11AM - Board Game (Staff Created Table Top Game)
★ 1PM - Chemical Health Group w/ Kim

10

11AM - Mental Health: What is Friendship
1PM - Rock Painting

13

★ 11AM - Mental Health: "Bad Day" Survival Kit
1:30PM - Weekly Goal Setting

14

12PM - JTP
1PM - Writing Reach Out Letters to Peers
2PM - Make Your Own Ice Cream Sundae

15

★ 11AM - DBT Skills Group
12PM - Health & Wellness w/ Rose
2PM - World Cup Semifinal Watch Party w/ Snacks

16

CLOSED FOR STAFF MEETING UNTIL 1PM

📅 2PM to 4PM - 1:1 Meetings

17

11AM - Mental Health: Depression
📅 2:30PM to 4:30PM - Minnehaha Falls Art Fair

20

11AM - Mental Health: Building Motivation When it's Low
1:30PM - Weekly Goal Setting

21

📅 10AM to 12PM - 1:1 Meetings
12PM - JTP
2PM - Puzzles

22

★ 11AM - DBT Skills Group
📅 1PM - Saints Baseball Game - Free: Sign Up Required

23

★ 11AM - Letter to Your Future Self
1:30PM - Movie at the Resource Center w/ popcorn

24

11AM - Mental Health: What is Neurodivergence
📅 12:30PM - Lu's Free Sandwich: Sign Up Required
2:30PM - Karaoke

27

11AM - Mental Health: Alternatives to Self-Harm
12PM - Health & Wellness w/ Rose
1:30PM - Weekly Goal Setting

28

12PM - JTP
★ 📅 2PM - Visit Lake Harriet

29

★ 11AM - DBT Skills Group
12:30PM - Baking: Birthday Cake for July Birthdays (7/30)
📅 2PM to 4PM - 1:1 Meetings

30

11AM - Bingo w/Prizes
1PM - July Birthdays (Cake & Ice Cream)
1:30PM - Summer Challenge Series July Prizes 🏆

31

11AM - Mental Health: CBT Skills
1PM - Open Arts & Crafts

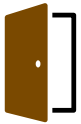
HOURS AND CONTACT

Mon–Fri | 10AM–4PM
2419 Nicollet Ave S,
Minneapolis
612-298-4062

ACTIVITY NOTES & KEY



Event requires members to sign up in advance with staff.



Meet with staff 1:1 for support, goals, or resources.



Activities with the Star count toward individual challenge points!



For outdoor events, please dress for the weather and your comfort.




HOW TO JOIN IN

Calendar events are open to all Resource Center members. To keep your membership active, please participate in at least one activity every six months. To become a member, connect with staff to set up a meeting.

THE SUMMER CHALLENGE SERIES

We're continuing the first ever **Summer Challenge Series**. Show up, take part, and build your score over three months.

Activities marked with  on the calendar earn points toward the leaderboard. Each activity completed increases your score, with prizes each month and additional awards at the end of the series. Check out the poster for more info!

JULY HIGHLIGHTS

July 1st BBQ and Lawn Games at T-Lodge - Meet at the Resource Center at 10am to ride over to Transition Lodge for lunch and games.

July 9th Board Game - Join us for a table top board game created by a Tasks staff member (Charles).

July 13th "Bad Day" Survival Kit - Create your own survival kit for bad mental health days.

July 15th FIFA World Cup Semifinal Watch Party w/ Snacks - We will be watching the soccer game in the group room. Snacks provided!

July 17th Minnehaha Falls Art Fair - Over 200 artists, live music, food trucks, and family-friendly activities. Voted as one of the best art fairs in the nation.