

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11-15-LUNCH 12-1-SELF CARE GROUP- FAVE COLOR	2
3	4 11-15-LUNCH 12-1-STRESS MANAGEMENT GROUP 1-2-COLORING GROUP	5 11-15-LUNCH 12-1-ANXIETY GROUP 1-2-MEMBER MEETING	6 11-15-LUNCH 12-1-BINGO 12:30-2:30-RISE 1-2-MOBILE CRISIS	7 11-15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	8 11-15-LUNCH 12-1-SELF CARE GROUP FAVE HAT DAY	9 
10	11 11-15-LUNCH 12-1-STRESS MANAGEMENT GROUP	12 11-15-LUNCH 12-1-PEER SUPPORT GROUP	13 11-15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE	14 11-15-LUNCH 12-1-PEER SUPPORT 1-2-EXERCISE GROUP	15 11-15-LUNCH 12-1-SELF CARE GROUP FAVE TEAM DAY	16
17	18 11-15-LUNCH 12-1-STRESS MANAGEMENT GROUP	19 11-15-LUNCH 12-1-ANXIETY GROUP 1-2-ART GROUP	20 11-15-LUNCH 12:30-2:30-RISE	21 11-15-LUNCH 12-2-ART GROUP	22 11-15-LUNCH 12-1-SELF CARE GROUP FAVE SONG DAY	23
24	25 STATE FAIR OUTING!	26 11-15-LUNCH 12-1-ANXIETY GROUP 1-2-GAME DAY	27 11-15-LUNCH 12-1-STRESS MANAGEMENT GROUP 12:30-2:30-RISE	28 11-15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	29 11-15-LUNCH 12-1-SELF CARE GROUP FAVE SOCK DAY	30 
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ANOKA CSP

Member hours M-F 11am-to 4 pm

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-MEMBER MEETING	3 11:15-LUNCH 12-2-BINGO 12:30-2:30-RISE	4 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	5 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-WRITING GROUP	6
7	8 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP 1-2-CREATIVE WRITING OPEN HOUSE- 3PM-6PM	9 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-EXERCISE GROUP	10 11:15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE 1-2-COLORING GROUP	11 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	12 11:15-LUNCH 12-1-COFFEE OUTING! 1:30-2:30-WRITING GROUP	13 
14	15 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	16 11:15-LUNCH 12-1-SELF ESTEEM GROUP 1-2-EXERCISE GROUP	17 11:15-LUNCH 12-1-ART GROUP 12-30-2:30-RISE	18 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-VISION BOARDS	19 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-JOURNALING	20
21	22 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP 1-2-KAROE	23 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	24 11:15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE	25 11:15-LUNCH 12-1-PEER SUPPORT GROUP 12-1-EXERCISE GROUP	26 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-BINGO	27
28	29 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	30 11:15-LUNCH 12-1-STRESS MAANGEMENT GROUP				

CLOSED 9/1- HAPPY LABOR DAY!