



October 2024

NYRA PSR

Join us for a Fall social on Wednesday the 30th as we welcome in the season with games and snacks!

PSR (Psychosocial Rehabilitation) offers a community center atmosphere where consumers may participate in recovery-oriented educational, recreational and vocational activities.

Interesting October Facts!

October's birth flowers are the cosmos and marigolds. Cosmos is a symbol of joy in life

October 12th hosts two related holidays; Columbus Day and Indigenous People's Day

Monday the 21st is National Loud Shirt day!

Friday the 25th is National I Care About You Day

Groups

- **CBT** (Cognitive Behavioral Treatment)
- **EHD** (Emotional Health Discussion)
- **IMR** (Illness Management & Recovery)
- **ITCD Support** (Integrated Treatment for Co-occurring Disorders)
- **Living With Anxiety**
- **Mindfulness**

All of our groups and activities are excellent resources in coping with a variety of mental illness diagnoses.



**OCTOBER
BREAST
CANCER
AWARENESS MONTH**



Early detection is the best prevention

Risk Factors :

- * Family history of breast cancer
- * Consumption of alcohol, animal fat and tobacco
- * Past history of cancer in the body & obesity

Prevention :

- * Breast self examination monthly
- * Clinical breast examination annually
- * Sono mamography - after age of 40

Nyra Calendar of Events: October 2024

Mon	Tue	Wed	Thu	Fri
<p>*Nyra is open until 2:30PM on Tuesdays and Wednesdays!</p>	<p>1* 8:30 Morning Social 9:00 CBT: identifying stress triggers 9:30 Ted Talk "How to Challenge Your Negative Self-talk" J. Green 12:30 Community outing-Walmart 12:30-2:30 Consumer's-choice activities</p>	<p>2* 8:30 Morning Social 9:00 IM&R: defining recovery 10:00 Emotional Health Discussion group 11:00 Bingo 12:30-2:30 Consumer's-choice activities</p>	<p>3 8:30 Morning Social 9:00 Living with Anxiety 9:30 Thursday Morning at the Movies "Best Exotic Marigold Hotel" 11:00 Games and Social</p>	<p>4 8:30 Morning Social 9:00 Life Skills: emotional health tips 10:00 Tournament: dominos 11:00 Friday Fun and activities!</p>
<p>7 8:30 Morning Social 9:00 ITCD Support: validation 10:00 Mindfulness: Mindfulness basics 10:30 Monday Merriment</p>	<p>8* 8:30 Morning Social 9:00 CBT: managing stress triggers 9:30 Ted Talk "...Shame to Self-worth" Sue Bryce 12:30 Community outing-Columbia Mall 12:30-2:30 Consumer's-choice activities</p>	<p>9* 8:30 Morning Social 9:00 IM&R: exploring areas of improvement 10:00 Emotional Health Discussion group 11:00 Bingo 12:30-2:30 Consumer's-choice activities</p>	<p>10 8:30 Morning Social 9:00 Living with Anxiety 9:30 Thursday Morning at the Movies "Beetlejuice" 11:00 Games and Social</p>	<p>11 8:30 Morning Social 9:00 Life Skills: AI update 10:00 Tournament: Uno or card game 11:00 Friday Fun and activities</p>
<p>14 8:30 Morning Social 9:00 ITCD Support: social media part 1 10:00 Mindfulness: Mindful thoughts 10:30 Monday Merriment</p>	<p>15* 8:30 Morning Social 9:00 CBT: procrastination 9:30 Ted Talk "Stop Sabotaging Yourself" D. Silber 12:30 Community outing-Goodwill thrift store 12:30-2:30 Consumer's-choice activities</p>	<p>16* 8:30 Morning Social 9:00 IM&R: personal goals 10:00 Emotional Health Discussion group 11:00 Bingo 12:30-2:30 Consumer's choice activities</p>	<p>17 8:30 Morning Social 9:00 Living with Anxiety 9:30 Thursday Morning at the Movies, "Practical Magic" 11:00 Games and Social</p>	<p>18 8:30 Morning Social 9:00 Life Skills: Critical thinking cards, practice 10:00 Tournament: dealer's choice 11:00 Friday Fun and activities</p>
<p>21 8:30 Morning Social 9:00 ITCD Support: social media part 2 10:00 Mindfulness: Mindfulness meditation 10:30 Monday Merriment</p>	<p>22* 8:30 Morning Social 9:00 CBT: social anxiety 9:30 Ted Talk "Stop Deforestation" Dr. N. Vora 12:30 Community outing-Park walk 12:30-2:30 Consumer's-choice activities</p>	<p>23* 8:30 Morning Social 9:00 IM&R: problem solving 10:00 Emotional Health Discussion group 11:00 Bingo 12:30-2:30 Consumer's choice activities</p>	<p>24 8:30 Morning Social 9:00 Living with Anxiety 9:30 Thursday Morning at the Movies, "Hocus Pocus" 11:00 Games and Social</p>	<p>25 8:30 Morning Social 9:00 Life Skills: civic engagement, voting 10:00 Tournament: Pool! 11:00 Friday Fun and activities</p>
<p>28 8:30 Morning Social 9:00 ITCD Support: accepting love and support 10:00 Mindfulness: Mindful eating 10:30 Monday Merriment</p>	<p>29* 8:30 Morning Social 9:00 CBT: addressing core beliefs 9:30 Cooking Crew with Susan 12:30 Community outing-Food Pantry 12:30-2:30 Consumer's-choice activities</p>	<p>30* 8:30 Morning Social 9:00 IM&R: small steps 10:00 Emotional Health Discussion 11:00 Bingo 12:30-2:30 **Fall Social with games and snacks!**</p>	<p>31 8:30 Morning Social 9:00 Living with Anxiety 9:30 Thursday Morning at the Movies, "Jumanji: Welcome to the Jungle" 11:00 Games and Social</p>	