



**November 2024**

**NYRA PSR**

We are pleased to offer another extended day at the Nyra PSR! We will be open until 2:30pm on Thursdays starting in November.

Nyra PSR and New Horizons offices are closed Thursday the 28th and Friday the 29th for the Thanksgiving holiday.

New Horizons will celebrate Thanksgiving early on Tuesday the 19th. Consumers are encouraged to share their free meals with peers and staff at the Nyra PSR center. For details please contact Karsten or Susan and let your case worker know that you plan to eat at Nyra.

**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.*



**Interesting November Facts!**

Sunday November 3rd is end of Daylight Savings Time, please turn your clocks back one hour!

November 5th is Election Day! Vote, vote, vote!

Tuesday the 12th is World Kindness Day

“If trees show buds in November, the winter will last until May”




**THANKSGIVING**  
*Like a Nutritionist*

Use these simple tips for a mindful Thanksgiving

- 1** Have a healthy breakfast to start off your day.
- 2** Small portions are key to enjoy without over eating, you can always go for seconds.
- 3** Remember to savor not only the food, but time with your loved ones too.
- 4** Let go of the guilt, one extra slice of pie won't break you.
- 5** Always give thanks, the good and the bad experiences are life lessons learned.

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# Nyra Calendar of Events: November 2024

Mon	Tue	Wed	Thu	Fri
			*Nyra is open until 2:30PM on Tuesdays, Wednesdays, and Thursdays!	<p><b>1</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: decluttering tips</b></p> <p>10:00 Tournament: dice</p> <p>11:00 Friday Fun and activities!</p>
<p><b>4</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: self esteem</b></p> <p><b>10:00 Mindfulness: Mindfulness basics</b></p> <p>10:30 Monday Merriment</p>	<p><b>5*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: practicing positive self talk</b></p> <p>10:00 Ted Talk “An ADHD Success Story” J. McCabe</p> <p>12:30 Community outing–Walmart</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>6*</b> 8:30 Morning Social</p> <p><b>9:00 IM&amp;R: understanding diagnosis</b></p> <p><b>10:00 Emotional Health Discussion group</b></p> <p>11:00 Bingo</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>7</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies “17 Again”</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>8</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: what’s in your laundry detergent?</b></p> <p>10:00 Tournament: dominoes</p> <p>11:00 Friday Fun and activities</p>
<p><b>11</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: affirmations</b></p> <p><b>10:00 Mindfulness: Mindful emotions</b></p> <p>10:30 Monday Merriment</p>	<p><b>12*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: challenging failures</b></p> <p>10:00 Ted Talk “3 Secrets to Resilient People” L. Hone</p> <p>12:30 Community outing-Itchy’s Flea Market</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>13*</b> 8:30 Morning Social</p> <p><b>9:00 IM&amp;R: supports</b></p> <p><b>10:00 Emotional Health Discussion group</b></p> <p>11:00 Bingo</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>14</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies, “Jason Bourne”</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>15</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: cultivating friendships</b></p> <p>10:00 Tournament: dealer’s choice</p> <p>11:00 Friday Fun and activities</p>
<p><b>18</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: self loathing</b></p> <p><b>10:00 Mindfulness: Mindfulness meditation</b></p> <p>10:30 Monday Merriment</p>	<p><b>19*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: visualizing success</b></p> <p>10:00 Ted Talk “Gratitude” Schwartzberg</p> <p>12:00 Happy Thanksgiving meal!</p>	<p><b>20*</b> 8:30 Morning Social</p> <p><b>9:00 IM&amp;R: advocating for yourself</b></p> <p><b>10:00 Emotional Health Discussion group</b></p> <p>11:00 Bingo</p> <p>12:30 –2:30 Consumer’s-choice activities</p>	<p><b>21</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies, “The Tomorrow War”</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>22</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: how to get along with family during the holidays</b></p> <p>10:00 Tournament: Pool!</p> <p>11:00 Friday Fun and activities</p>
<p><b>25</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: alcohol</b></p> <p><b>10:00 Mindfulness: Mindful eating</b></p> <p>10:30 Monday Merriment</p>	<p><b>26*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: anger</b></p> <p>9:30 Cooking Crew with Susan</p> <p>12:30 Community outing-Food Pantry</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>27*</b> 8:30 Morning Social</p> <p><b>9:00 IM&amp;R: dealing with stigma</b></p> <p><b>10:00 Emotional Health Discussion</b></p> <p>11:00 Bingo</p> <p>12:30-2:30 Consumer’s-choice activities</p>	<p><b>HAPPY THANKSGIVING DAY</b></p> 	<p><b>29</b></p> <p style="font-size: 1.2em;">Nyra closed for <b>THANKSGIVING</b> Holiday</p>