



**February 2025**

**Interesting February Facts!**

February 2nd is Groundhog day and gets its origins from a Celtic festival, "cross-quarter day" or a midpoint between seasons.

Monday the 17th is Random Act of Kindness Day

February is African-American History Month

**NYRA PSR**

Nyra PSR and New Horizons offices are closed Monday the 17th to honor President's Day.

Join us on Wednesday the 5th, 12:30-2:00 for a social celebrating the end of winter with snacks, games, and fun!

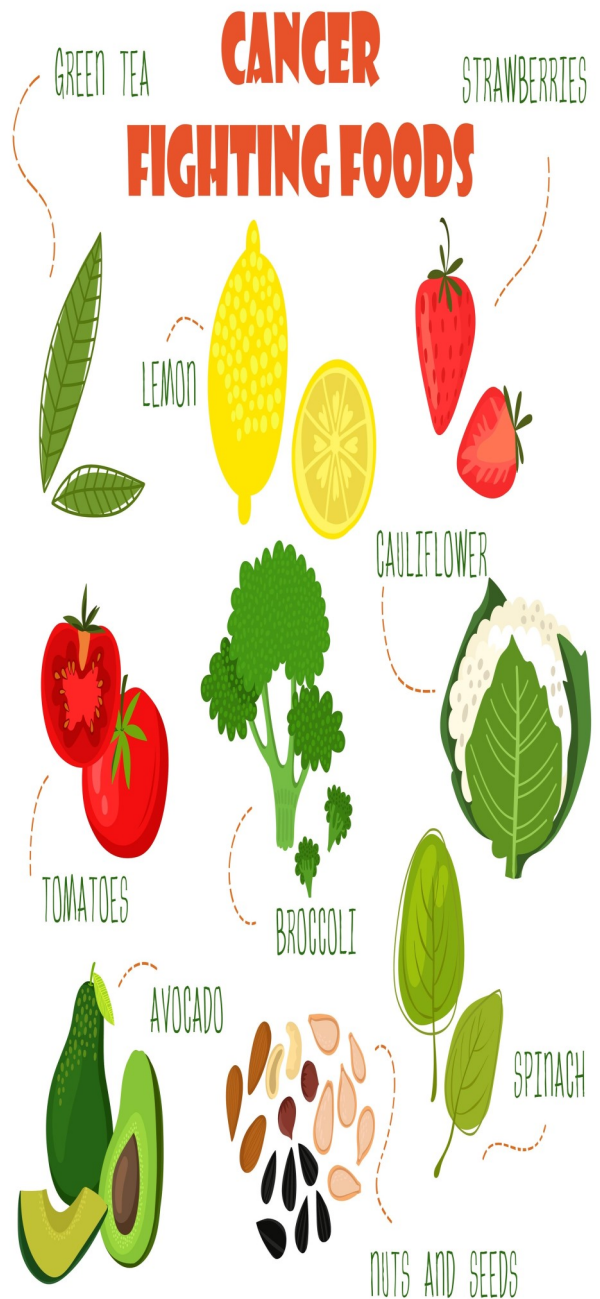
We will introduce a new group, Nicotine Journey, this month. Hosted by Nurse Lesa and Lindsay, the focus is to provide education and support for nicotine use.

**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**
- **Nicotine Journey**

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

**CANCER FIGHTING FOODS**



**FEBRUARY IS NATIONAL CANCER PREVENTION MONTH!**

It is estimated that approximately one-third of cases of the most common cancers in the U.S. could be prevented by eating healthy, being active, regular check-ups and screenings, and staying fit. That's an estimated 374,000 cases of cancer in the United States that would never happen each year!

**LEARN ABOUT DIFFERENT TYPES OF CANCER!**

**STAY HEALTHY!**

**STAY FIT AND ACTIVE!**


**GET CHECKED!**

**GET INVOLVED!**



Kimberly

# Nyra Calendar of Events: February 2025

Mon	Tue	Wed	Thu	Fri
		<p><b>*Nyra is open until 2:30PM on Tuesdays, Wednesdays, and Thursdays!</b></p>		
<p><b>3</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: cancelled</b> <b>10:00 Mindfulness: mindfulness fundamentals</b></p> <p>10:30 Monday Merriment</p>	<p><b>4*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: cancelled</b> 10:00 Ted Talk “The Difference Between Healthy and Healthy Love” K. Hood 12:30 Community outing–Walmart 12:30-2:30 Consumer’s-choice activities</p>	<p><b>5*</b> 8:30 Morning Social</p> <p><b>10:00 Emotional Health Discussion group</b> 11:00 Bingo 12:30-2:30 Winter’s End Fun and Social!</p>	<p><b>*6</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b> <b>9:30 IMR: cancelled</b> 10:00 Thursday Morning at the Movies “The Princess Bride” 12:30-2:30 Consumer’s-choice activities</p>	<p><b>7</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: critical thinking skills</b></p> <p>10:00 Tournament: dominos 11:00 Friday Fun and activities</p>
<p><b>10</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: substance free living</b> <b>10:00 Mindfulness: mindful ness meditation</b></p> <p>10:30 Monday Merriment</p>	<p><b>11*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: personal responsibility</b> 10:00 Ted Talk “To Love is to Be Brave” K. Corrigan 12:30 Community outing–Columbia Mall 12:30-2:30 Consumer’s-choice activities</p>	<p><b>12*</b> 8:30 Morning Social</p> <p><b>9:00 Nicotine Journey: sources of nicotine</b> <b>10:00 Emotional Health Discussion group</b> 11:00 Bingo 12:30-2:30 Consumer’s choice activities</p>	<p><b>*13</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b> <b>9:30 IMR: personality disorders</b> 10:00 Thursday Morning at the Movies, “The Sandlot” 12:30-2:30 Consumer’s-choice activities</p>	<p><b>14</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: second language?</b></p> <p>10:00 Tournament: UNO cards 11:00 Friday Fun and activities</p>
<p><b>17</b></p> <p><b>Closed For President’s Day</b></p>	<p><b>18*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: self compassion</b> 10:00 Cooking Crew with Susan 12:30-2:30 Consumer’s choice activities</p>	<p><b>19*</b> 8:30 Morning Social</p> <p><b>9:00 Nicotine Journey: looking at readiness</b> <b>10:00 Emotional Health Discussion group</b> 11:00 Bingo 12:30-2:30 Consumer’s-choice activities</p>	<p><b>*20</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b> <b>9:30 IMR: borderline symptoms</b> 10:00 Thursday Morning at the Movies, “The Greatest Showman” 12:30-2:30 Consumer’s-choice activities</p>	<p><b>21</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: working with biases</b></p> <p>10:00 Tournament: dealer’s choice 11:00 Friday Fun and activities</p>
<p><b>24</b> 8:30 Morning Social</p> <p><b>9:00 ITCD Support: anticipating and preventing relapse</b> <b>10:00 Mindfulness: mindful action</b></p> <p>10:30 Monday Merriment</p>	<p><b>25*</b> 8:30 Morning Social</p> <p><b>9:00 CBT: negative thought log</b> 10:00 Ted Talk “The Power of Storytelling” A. Gibbs 12:30 Community outing–Food Pantry 12:30-2:30 Consumer’s-choice activities</p>	<p><b>26*</b> 8:30 Morning Social</p> <p><b>9:00 Nicotine Journey: motivations/strengths</b> <b>10:00 Emotional Health Discussion group</b> 11:00 Bingo 12:30-2:30 Consumer’s-choice activities</p>	<p><b>*27</b> 8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b> <b>9:30 IMR: borderline symptoms management</b> 10:00 Thursday Morning at the Movies, “Hunger Games” 12:30-2:30 Consumer’s-choice activities</p>	<p><b>28</b> 8:30 Morning Social</p> <p><b>9:00 Life Skills: AI update</b> 10:00 Tournament: Pool!</p> <p>11:00 Friday Fun and activities</p>