



January 2025

NYRA PSR

Nyra PSR and New Horizons offices are closed Wednesday, January 1st to celebrate the New Year!

In case of snow or inclement weather, Nyra PSR van will not run when Columbia Public Schools do not run their buses. However, the center will be open to those clients who choose to drive themselves.

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 January Facts!

This month is named after the Roman god Janus, who had two faces – one looking back to the past and one looking forward to the future. It's a time for reflection and anticipation, setting the tone for the year ahead.

Monday the 20th is Martin Luther King Jr. Day

January is National Blood Donor Month

Consider your intentions for the New Year!

IN THE NEXT SIX MONTHS



A bad habit I'm going to break:

A new skill I'm going to learn:

A person I hope to connect with:

A good deed I'm going to do:

A place I'd like to visit:

A book I'd like to read:

A letter I'm going to write:

A new food I'm going to try:

Im going to be better at:



Nyra Calendar of Events: January 2025

Mon	Tue	Wed	Thu	Fri
	<p>*Nyra is open until 2:30PM on Tuesdays, Wednesdays, and Thursdays!</p>	<p>1*</p> <p>Closed for New Years</p>	<p>*2</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Living with Anxiety</p> <p><u>9:30</u> Thursday Morning at the Movies "Arrival"</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>3</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Life Skills: one year plans</p> <p><u>10:00</u> Tournament: dice</p> <p><u>11:00</u> Friday Fun and activities!</p>
<p>6</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> ITCD Support: holidays and recovery</p> <p><u>10:00</u> Mindfulness: mindfulness basics</p> <p><u>10:30</u> Monday Merriment</p>	<p>7*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> CBT: combat guilt trips</p> <p><u>10:00</u> Ted Talk "How to Tap into Your Awareness" Y. Mingyur</p> <p><u>12:30</u> Community outing-Walmart</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>8*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> IM&R: bipolar symptoms</p> <p><u>10:00</u> Emotional Health Discussion group</p> <p><u>11:00</u> Bingo</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>*9</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Living with Anxiety</p> <p><u>9:30</u> Thursday Morning at the Movies "Interstellar"</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>10</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Life Skills: critical thinking skills</p> <p><u>10:00</u> Tournament: dominos</p> <p><u>11:00</u> Friday Fun and activities</p>
<p>13</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> ITCD Support: guilt and shame</p> <p><u>10:00</u> Mindfulness: mindful thoughts</p> <p><u>10:30</u> Monday Merriment</p>	<p>14*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> CBT: miscommunication</p> <p><u>10:00</u> Ted Talk "How to Protect Your Brain from Stress" N. Korteweg</p> <p><u>12:30</u> Community outing-Goodwill</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>15*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> IM&R: bipolar management</p> <p><u>10:00</u> Emotional Health Discussion group</p> <p><u>11:00</u> Bingo</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>*16</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Living with Anxiety</p> <p><u>9:30</u> Thursday Morning at the Movies, "Super 8"</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>17</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Life Skills: what makes a good fiend</p> <p><u>10:00</u> Tournament: UNO cards</p> <p><u>11:00</u> Friday Fun and activities</p>
<p>20</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> ITCD Support: motivation for recovery</p> <p><u>10:00</u> Mindfulness: mindfulness meditation</p> <p><u>10:30</u> Monday Merriment</p>	<p>21*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> CBT: boundary affirmations</p> <p><u>10:00</u> Cooking Crew with Susan</p> <p><u>12:30-2:30</u> Consumer's choice activities</p>	<p>22*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> IM&R: depression symptoms</p> <p><u>10:00</u> Emotional Health Discussion group</p> <p><u>11:00</u> Bingo</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>*23</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Living with Anxiety</p> <p><u>9:30</u> Thursday Morning at the Movies, "Edge of Tomorrow"</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>24</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Life Skills: cultural competency</p> <p><u>10:00</u> Tournament: dealer's choice</p> <p><u>11:00</u> Friday Fun and activities</p>
<p>27</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> ITCD Support: truthfulness</p> <p><u>10:00</u> Mindfulness: mindful action</p> <p><u>10:30</u> Monday Merriment</p>	<p>28*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> CBT: empathy</p> <p><u>10:00</u> Ted Talk "How to Have a Good Conversation" C. Headleed</p> <p><u>12:30</u> Community outing-Food Pantry</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>29*</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> IM&R: depression management</p> <p><u>10:00</u> Emotional Health Discussion group</p> <p><u>11:00</u> Bingo</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>*30</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Living with Anxiety</p> <p><u>9:30</u> Thursday Morning at the Movies, "Footloose"</p> <p><u>12:30-2:30</u> Consumer's-choice activities</p>	<p>31</p> <p><u>8:30</u> Morning Social</p> <p><u>9:00</u> Life Skills: AI update</p> <p><u>10:00</u> Tournament: Pool!</p> <p><u>11:00</u> Friday Fun and activities</p>