

WEEKLY GROUPS

- **CBT** (Cognitive Behavioral Treatment)
- **Emotional Health Discussion**
- **IMR** (Illness Management & Recovery)
- **ITCD Support** (Integrated Treatment for Co-occurring Disorders)
- **Life Skills**
- **Living with Anxiety**
- **Nicotine Journey**

PSR CENTER NEWS

The center is open Monday through Friday, from 8:15am-12:00 pm.

The center will close at 10:00am on 5/12, for the outing to Walmart.

Shanna Behrens will be filling in as the PSR Coordinator until we hire for that position. Please reach out to her or Susan with any suggestions or concerns.

Nicotine Journey continues this month on Wednesdays at 9:00am. Hosted by Lesa and Lindsay, the focus of the group is to provide education about nicotine use and support for people as they consider the effects of their use.

ITCD group is cancelled on 5/5 and 5/12.
CBT group is cancelled on 5/6.
IMR group is cancelled on 5/8.

Our Healthcare Home Director/Nurse, Lesa Hohimer, will be providing a Health Education group about Healthy Hydration on 5/6.

Come join us for some yummy treats and a related Life Skills group on 5/23!



@ADOSEOFREMINDEES

Do you have a suggestion of something you would like to do at the center? Please share your thoughts with us in the Suggestion Box!

MAY EVENTS

May is Mental Health Awareness Month

- May 5:** Cinco de Mayo
- May 8:** Harry S. Truman Day
- May 11:** Mother's Day
- May 17:** Armed Forces Day
- May 26:** Memorial Day—New Horizons office and center closed



Nyra Center Activity Calendar: May 2025

Mon	Tue	Wed	Thu	Fri
				
<p>5 8:30 Morning Social</p> <p>9:00 ITCD cancelled</p> <p>10:00 Grab-bag Activities</p>	<p>6 8:30 Morning Social</p> <p>9:00 CBT cancelled</p> <p>9:30 Healthy Hydration, with Lesa Hohimer</p> <p>10:00 Ted Talk: There's no shame in taking care of your mental health</p>	<p>7 8:30 Morning Social</p> <p>9:00 Nicotine Journey: How to say no; strengths/resources</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>1 8:30 Morning Social</p> <p>9:00 IMR: Side effects</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: Mozart & the Whale</p>	<p>2 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Pool</p>
<p>12 8:30 Morning Social</p> <p>9:00 ITCD cancelled</p> <p>10:00 Community outing: Walmart</p> <p>NYRA WILL CLOSE AT 10:00 FOR THE OUTING</p>	<p>13 8:30 Morning Social</p> <p>9:00 CBT: Cognitive distortions, part 1</p> <p>10:00 Ted Talk: Why you feel anxious socializing (and what to do about it)</p>	<p>14 8:30 Morning Social</p> <p>9:00 Nicotine Journey: My road-handling obstacles</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>15 8:30 Morning Social</p> <p>9:00 IMR: Substances and mental health</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: The Hill</p>	<p>16 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>9:30 Art Project: painting rocks for awareness</p> <p>10:00 Tournament: Dealer's choice cards</p>
<p>19 8:30 Morning Social</p> <p>9:00 ITCD Support: Justifications, part 2</p> <p>10:00 Grab-bag Activities</p>	<p>20 8:30 Morning Social</p> <p>9:00 CBT: Cognitive distortions, part 2</p> <p>10:00 Ted Talk: Glenn Close-My mission to change the narrative of mental health</p>	<p>21 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Resources/behaviors</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>22 8:30 Morning Social</p> <p>9:00 IMR: Pros/cons of avoiding use</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: Your Friend, Nate Bargatze</p>	<p>23 SNACK DAY!</p> <p>8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>9:30 Tournament: Dominos</p>
<p>26</p> <p>MEMORIAL DAY HOLIDAY</p> <p>CENTER CLOSED</p>	<p>27 8:30 Morning Social</p> <p>9:00 CBT: Cognitive distortions, part 3</p> <p>10:00 Community outing: Food Pantry</p> <p>10:00 If you're not in the obit, eat breakfast</p>	<p>28 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Behaviors/thoughts</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>29 8:30 Morning Social</p> <p>9:00 IMR: High-risk situations</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: The Six Triple Eight</p>	<p>30 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>9:30 Tournament: Cornhole</p>