

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 8:00 am-12:00 pm.

Our Healthcare Home Director/Nurse, Lesa Hohimer, will provide health education entitled **“Kidney Health”** on **March 10th** and will provide **Medication Information** on **March 24th**.

The NEW-R: Nutrition and Exercise for Wellness and Recovery group will be on Thursdays at 10:30 through March.

Nyra Center will close at 10:00 on March 17th for the outing to Itchy’s Flea Market.

MARCH REMINDERS



Your **body** is worth taking care of.

Your stories are worth telling.

Your **feelings** are worth respecting.

Your growth is worth **investing** in.

Your **potential** is worth exploring.

Your future is worth **expecting**.



OurMindfulLife.com

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!**

BE GENEROUS
WITH ENCOURAGEMENT.
IT IS VERBAL SUNSHINE;
IT WARMS HEARTS,
COSTS NOTHING, AND
ENRICHES LIVES.

MICHAEL S. SORENSEN / TINYBUDDHA.COM

MARCH OBSERVANCES

Women’s History Month

March 4: Mardi Gras

March 8: Daylight Savings Time begins

March 17: St. Patrick’s Day

March 20: Spring Equinox

March 29: Palm Sunday

March 29: Vietnam War Veterans Day

CALENDAR ADDITIONS

We have added crafting time on Fridays, for those who might want to engage in creative activity.

Video gaming time is scheduled on March 20th for anyone who is interested.

A trip to Itchy’s has been scheduled on March 17th. **You must sign up for this outing, as there is limited seating on the van.**

Nyra Center Activity Calendar: March 2026

Mon	Tue	Wed	Thu	Fri
<p>2 9:00 ITC D Support: Affirmations</p> <p>9:45 Movie Monday: Legally Blonde</p>	<p>3 9:00 CBT: Managing Judgement</p> <p>10:00 Living with Anxiety</p>	<p>4 9:00 Nicotine Journey: Nicotine-Free Self</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 BINGO</p>	<p>5 9:00 Video/Discussion: 7 Micro-habits to escape the freeze response</p> <p>10:00 IMR: Schizophrenia Symptoms</p> <p>10:30 NEW-R group</p>	<p>6 9:00 Life Skills</p> <p>10:00 Tournament: UNO</p> <p>10:00 Craft time</p>
<p>9 9:00 ITC D Support: Self-Loathing</p> <p>9:45 Movie Monday: Hidalgo</p>	<p>10 9:00 CBT: S.T.O.P.</p> <p>10:00 Living with Anxiety</p> <p>10:30 Health Presentation: Kidney Health</p>	<p>11 9:00 Nicotine Journey: Stage of Change</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 BINGO</p>	<p>12 9:00 Video/Discussion: How to talk to the worst parts of yourself</p> <p>10:00 IMR: Schizophrenia Management</p> <p>10:30 NEW-R group</p>	<p>13 9:00 Life Skills</p> <p>10:00 Tournament: Dominoes</p> <p>10:00 Craft time</p>
<p>16 9:00 ITC D Support: Exploring Lifestyle</p> <p>9:45 Movie Monday: The Trouble with Angels</p>	<p>17 9:00 CBT: Delay/ Distract</p> <p>10:00 Outing to Itchy's Flea Market</p> <p style="text-align: center;">Nyra Center will close at 10:00 for outing.</p>	<p>18 9:00 Nicotine Journey: Info on Nicotine Products</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 BINGO</p>	<p>19 9:00 Video/Discussion: The one thing nobody tells you about mental health recovery</p> <p>10:00 IMR: Bipolar Symptoms</p> <p>10:30 NEW-R group</p>	<p>20 9:00 Life Skills</p> <p>10:00 Tournament: Yahtzee</p> <p>10:00 Wii/Video Gaming</p>
<p>23 9:00 ITC D Support: Stages of Change</p> <p>9:45 Movie Monday: Catch & Release</p>	<p>24 9:00 CBT: Disengage/ Visualization</p> <p>10:00 Living with Anxiety</p> <p>10:30 Health Presentation: Medication Information</p>	<p>25 9:00 Nicotine Journey: Impact on the Body/Brain</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 BINGO</p>	<p>26 9:00 Video/Discussion: Stop fighting your anxiety and start using it</p> <p>10:00 IMR: Bipolar Management</p> <p>10:30 NEW-R group</p>	<p>27 9:00 Life Skills</p> <p>10:00 Tournament: Pool/ board game</p> <p>10:00 Craft time</p>
<p>30 9:00 ITC D Support: Pros and Cons</p> <p>9:45 Movie Monday: A River Runs Through It</p>	<p>31 9:00 CBT: Exercise</p> <p>10:00 Living with Anxiety</p>			