

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

Things To Remember On Bad Days



Your **mistakes** do not define
you

Not **everything** you think is **true**

You are **more** than other people's
opinions

No-one is posting their **failures**

You are not **alone**

It's **OK** to have days where the **only**
thing you do is **survive**

beyondtheblues

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 a presentation entitled **“Stress Awareness: Kindness for Mental Wellness”** on **April 14th**.

The **NEW-R: Nutrition and Exercise for Wellness and Recovery** group will be on Thursdays at 10:30 through April 16th.

Nyra Center will close at 10:00 on April 21st for an outing to Walmart.

Nyra Center will be closed on April 27th and 28th.

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!**

CALENDAR ADDITIONS

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

A trip to Walmart has been scheduled on April 21st. **You must sign up for this outing, as there is limited seating on the van.**

MARCH OBSERVANCES

*Stress Awareness Month

April 1: April Fools' Day

April 2-9: Passover

April 3: Good Friday

April 5: Easter Sunday

April 7: World Health Day

April 15: Tax Day

April 16: Emancipation Day

April 18-26: National Park Week

April 19-25: National Volunteer Week

April 22: Earth Day



Nyra Center Activity Calendar: April 2026

Mon	Tue	Wed	Thu	Fri
		<p>1 9:00 Nicotine Journey: Nicotine and life</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>2 <u>9:00</u> Mental health and wellness video/discussion</p> <p>10:00 IMR: Bipolar symptoms</p> <p><u>10:30</u> NEW-R group</p>	<p>3 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: UNO</p> <p><u>10:00</u> Craft time</p>
<p>6 9:00 ITCD Support: Looking forward</p> <p><u>9:45</u> Movie Monday: Shrek the Third</p>	<p>7 9:00 CBT: Memory</p> <p><u>10:00</u> Living with Anxiety</p>	<p>8 9:00 Nicotine Journey: Strengths and resources</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>9 <u>9:00</u> Mental health and wellness video/discussion</p> <p>10:00 IMR: Bipolar causes</p> <p><u>10:30</u> NEW-R group</p>	<p>10 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Dominoes</p> <p><u>10:00</u> Craft time</p>
<p>13 9:00 ITCD Support: Decisional balance sheet</p> <p><u>9:45</u> Movie Monday: To Kill a Mockingbird</p>	<p>14 9:00 CBT: What is CBT?</p> <p><u>10:00</u> Living with Anxiety</p> <p><u>10:30</u> Health Presentation: Stress Awareness-Kindness for Mental Wellness</p>	<p>15 9:00 Nicotine Journey: CANCELLED</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>16 <u>9:00</u> Mental health and wellness video/discussion</p> <p>10:00 IMR: CANCELLED</p> <p><u>10:00</u> Consumer Advisory Council Meeting</p> <p><u>10:30</u> NEW-R group</p>	<p>17 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Yahtzee</p> <p><u>10:00</u> Craft time</p>
<p>20 9:00 ITCD Support: Values</p> <p><u>9:45</u> Movie Monday: Cars</p>	<p>21 9:00 CBT: Thought record sheet</p> <p><u>10:00</u> Walmart outing</p> <p style="text-align: center;">Nyra Center will close at 10:00 for outing.</p>	<p>22 9:00 Nicotine Journey: Being nicotine free</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>23 <u>9:00</u> Mental health and wellness video/discussion</p> <p>10:00 IMR: Bipolar skills</p>	<p>24 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Pool/board game</p> <p><u>10:00</u> Craft time</p>
<p>27</p> <p style="font-size: 1.5em;">Nyra Closed</p>	<p>28</p> <p style="font-size: 1.5em;">Nyra Closed</p>	<p>29 9:00 Nicotine Journey: Visualization</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>30 <u>9:00</u> Mental health and wellness video/discussion</p> <p>10:00 IMR: Anxiety symptoms</p>	