

### 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\*

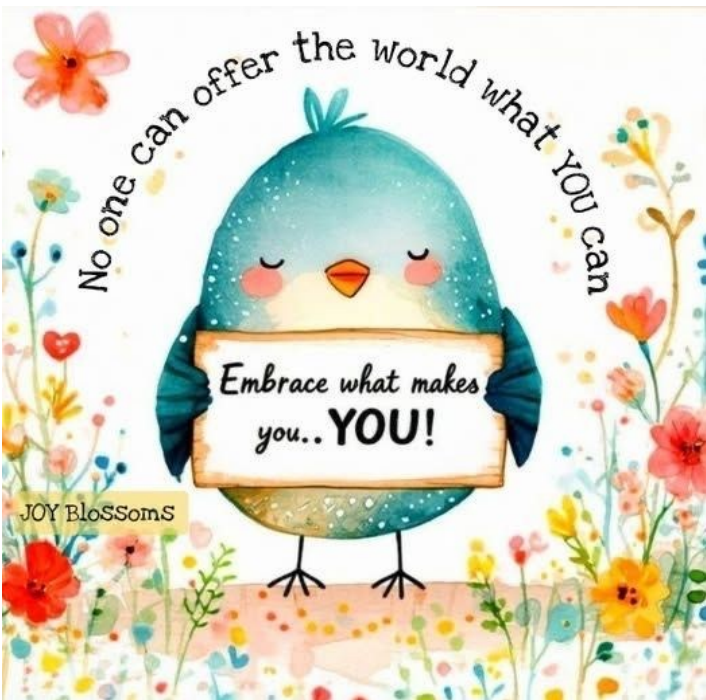
The center is open Monday through Friday, from 8:00 am-12:00 pm.

Our Healthcare Home Director/Nurse, Lesa Hohimer, will provide two health-related presentations this month:

“**Women’s Health**” on **May 5th** and  
“**Medications**” on **May 26th**.

**Nyra Center will close at 10:00 on May 19th for an outing to Goodwill.**

**Nyra Center will be closed for Memorial Day on May 25th.**



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 OUTING

A trip to Goodwill has been scheduled for May 19th. **You must sign up for this outing, as there is limited seating on the van.**

### MAY OBSERVANCES

#### \*Mental Health Awareness Month

- May 4:** Star Wars Day
- May 5:** Cinco de Mayo
- May 6:** National Nurse’s Day
- May 8:** Truman Day
- May 10:** Mother’s Day
- May 16:** Armed Forces Day
- May 25:** Memorial Day

On particularly rough days when I’m sure I can’t possibly endure, I like to remind myself that my track record for getting through bad days so far is 100% and that’s pretty good.

# Nyra Center Activity Calendar: May 2026

Mon	Tue	Wed	Thu	Fri
  <p style="text-align: right;"><b>MAY 2026</b></p>				<p><b>1</b> <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: UNO</p> <p><u>10:00</u> Craft time</p>
<p><b>4</b> <u>9:00</u> <b>ITCD Support:</b> Strengths</p> <p><u>9:45</u> Movie Monday: Sleepless in Seattle</p>	<p><b>5</b> <u>9:00</u> <b>CBT:</b> Cognitive distortions 1</p> <p><u>10:00</u> Living with Anxiety</p> <p><u>10:30</u> Health Presentation: Women's Health</p>	<p><b>6</b> <u>9:00</u> <b>Nicotine Journey:</b> Values</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p><b>7</b> <u>9:00</u> <b>IMR:</b> Autism management</p> <p><u>10:00</u> Mental health and wellness video/discussion</p>	<p><b>8</b> <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Dominoes</p> <p><u>10:00</u> Craft time</p>
<p><b>11</b> <u>9:00</u> <b>ITCD Support:</b> Planning for change</p> <p><u>9:45</u> Movie Monday: American Graffiti</p>	<p><b>12</b> <u>9:00</u> <b>CBT:</b> Cognitive distortions 2</p> <p><u>10:00</u> Living with Anxiety</p>	<p><b>13</b> <u>9:00</u> <b>Nicotine Journey:</b> SMART goals</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p><b>14</b> <u>9:00</u> <b>IMR:</b> Stress Vulnerability Model</p> <p><u>10:00</u> Mental health and wellness video/discussion</p>	<p><b>15</b> <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Yahtzee</p> <p><u>10:00</u> Craft time</p>
<p><b>18</b> <u>9:00</u> <b>ITCD Support:</b> Readiness Ruler</p> <p><u>9:45</u> Movie Monday: Robin Hood (Men in Tights)</p>	<p><b>19</b> <u>9:00</u> <b>CBT:</b> Cognitive distortions 3</p> <p><u>10:00</u> Outing to Goodwill</p> <p style="text-align: center;"><b>Nyra Center will close at 10:00 for outing.</b></p>	<p><b>20</b> <u>9:00</u> <b>Nicotine Journey:</b> Triggers</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p><b>21</b> <u>9:00</u> <b>IMR:</b> Anxiety symptoms/types</p> <p><u>10:00</u> Mental health and wellness video/discussion</p>	<p><b>22</b> <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><b>25</b></p> <p style="text-align: center;"><b>Nyra Closed for Memorial Day</b></p>	<p><b>26</b> <u>9:00</u> <b>CBT:</b> Cognitive distortions 4</p> <p><u>10:00</u> Living with Anxiety</p> <p><u>10:30</u> Health Presentation: Medications</p>	<p><b>27</b> <u>9:00</u> <b>Nicotine Journey:</b> Cravings/Scaling</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p><b>28</b> <u>9:00</u> <b>IMR:</b> Anxiety management</p> <p><u>10:00</u> Mental health and wellness video/discussion</p>	<p><b>29</b> <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Dice</p> <p><u>10:00</u> Craft time</p>