

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

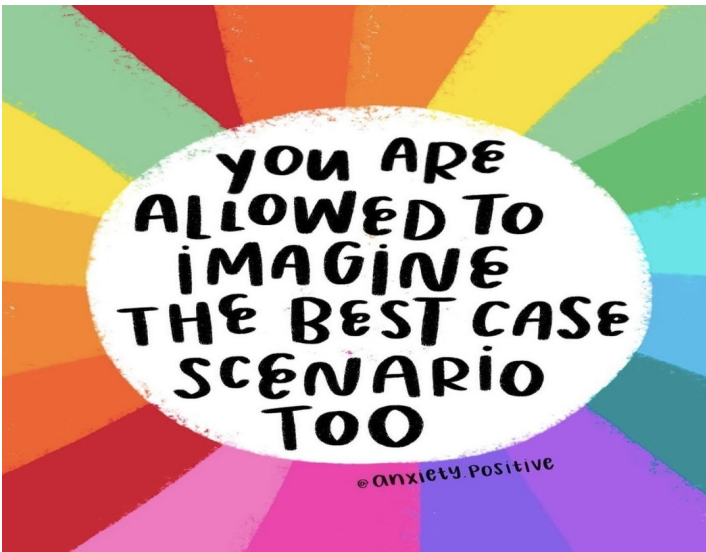
The center is open Monday through Friday, from 8:00 am-12:00 pm.

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

“Men’s Health” on June 9th.

Nyra Center will close at 11:00 on June 3rd for a trip to view the new NH apartment building on Business Loop.

Nyra Center will close at 10:00 on June 23rd for an outing to the mall for walking/shopping.



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!**

JUNE OBSERVANCES

- ***PTSD Awareness Month**
- **June 7:** Cancer Survivors Day
- **June 9:** Diabetes Awareness Week
- **June 14:** Flag Day
- **June 28:** Autistic Pride Day
- **June 19:** Juneteenth
- **June 21:** Father’s Day
- **June 21:** First Day of Summer
- **June 27:** National PTSD Awareness Day

June Outing

A trip to the Columbia Mall for walking and/or shopping has been scheduled for June 23rd. **You must sign up for this outing, as there is limited seating on the van.**

“SO, WHAT IF, INSTEAD OF THINKING ABOUT SOLVING YOUR WHOLE LIFE, YOU JUST THINK ABOUT ADDING ADDITIONAL GOOD THINGS. ONE AT A TIME. JUST LET YOUR PILE OF GOOD THINGS GROW.”

Exercise Opportunity

Pam Harris will open the exercise area for consumer use from 11:00-11:45 on Tuesdays, Thursdays and Fridays in June. The only exception will be on June 23rd, when the center closes at 11:00.

Nyra Center Activity Calendar: June 2026

Mon	Tue	Wed	Thu	Fri
<p>1 9:00 ITC D Support: Trigger-thought-craving -use</p> <p><u>9:45</u> Movie Monday: A Walk in the Clouds</p>	<p>2 9:00 CBT: Thought record</p> <p><u>10:00</u> Living with Anxiety</p>	<p>3 9:00 Nicotine Journey: Deep breathing</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>10:30</u> BINGO</p> <p><u>11:00 Nyra Closing</u> to visit NH building</p>	<p>4 9:00 IMR: Understanding treatments</p> <p><u>10:00</u> Mental health and wellness video/ discussion</p>	<p>5 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Dominoes</p> <p><u>10:00</u> Craft time</p>
<p>8 9:00 ITC D Support: External triggers</p> <p><u>9:45</u> Movie Monday: Young Frankenstein</p>	<p>9 9:00 CBT: Practicing change</p> <p><u>10:00</u> Living with Anxiety</p> <p><u>10:30</u> Health Presentation: Men's Health</p>	<p>10 9:00 Nicotine Journey: Strengths/resources</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>11 9:00 IMR: Reducing relapse</p> <p><u>10:00</u> Mental health and wellness video/ discussion</p>	<p>12 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Yahtzee</p> <p><u>10:00</u> Craft time</p>
<p>15 9:00 ITC D Support: Internal triggers</p> <p><u>9:45</u> Movie Monday: Goonies</p>	<p>16 9:00 CBT: What impacts self-esteem</p> <p><u>10:00</u> Living with Anxiety</p>	<p>17 9:00 Nicotine Journey: Body/behavior</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO</p>	<p>18 9:00 IMR: Building social supports</p> <p><u>10:00</u> Mental health and wellness video/ discussion</p>	<p>19 <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>22 9:00 ITC D Support: Intro into 12 steps</p> <p><u>9:45</u> Movie Monday: The Fifth Element</p>	<p>23 9:00 CBT: Respond to your inner critic</p> <p><u>10:00</u> Outing to Columbia Mall</p> <p>Nyra Center will close at 10:00 for outing.</p>	<p>24 9:00 Nicotine Journey: Planning ahead</p> <p><u>10:00</u> Emotional Health Discussion</p> <p><u>11:00</u> BINGO Blackout</p>	<p>25 9:00 IMR: Keeping social supports</p> <p><u>10:00</u> Mental health and wellness video/ discussion</p>	<p>26 <u>9:00</u> Life Skills</p> <p><u>10:00</u> Tournament: Dice</p> <p><u>10:00</u> Craft time</p>
<p>29 9:00 ITC D Support: Serenity prayer</p> <p><u>9:45</u> Movie Monday: Up</p>	<p>30 9:00 CBT: Practice self-appreciation</p> <p><u>10:00</u> Living with Anxiety</p>			