

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11AM - Mental Health: Self Care</p> <p>★ 1PM to 4PM - Lake of The Isles</p>	<p>2</p> <p>11AM to 12PM - Notes to Peers</p> <p>12PM - JTP Group</p> <p>2PM to 3PM - Cooking Skills: Deviled Eggs for BBQ on 6/3</p>	<p>3</p> <p>📝 10AM to 1:30PM - BBQ and Lawn Games at T-Lodge</p> <p>★</p> <p>2:30PM - Mental Health Jeopardy</p>	<p>4</p> <p>10AM - Coffee Social</p> <p>11AM - Bleach Design (Bring Your Own Black Clothes)</p> <p>📖 2PM to 4PM - 1:1 Meetings</p>	<p>5</p> <p>11AM - Mental Health: How Culture and Family Shape Mental Health</p> <p>12:30PM to 3:30PM - Edina Art Fair</p>
<p>8</p> <p>11AM - Mental Health: Self-Esteem</p> <p>1PM - Health and Wellness</p> <p>★ 2:30PM - Neighborhood Walk</p>	<p>9</p> <p>📖 10AM to 12PM - 1:1 Meetings</p> <p>12PM - JTP Group</p> <p>★ 2PM - Chair Yoga</p>	<p>10</p> <p>11AM - DBT Skills Group</p> <p>12PM - Chemical Health Group</p> <p>1:45PM to 4PM - Minneapolis Works Job Search at The Library</p>	<p>11</p> <p>10AM to 2PM - Day at the Library (Hennepin Health Representatives Available)</p>	<p>12</p> <p>11AM - Catholic Charities Guest Speaker</p> <p>📝 12:30PM - Lu's Sandwiches Sign Up Required</p> <p>2:30PM - Karaoke</p>
<p>15</p> <p>11AM - Mental Health: Memory and Mental Health</p> <p>1PM - Guided Painting and Lemonade</p>	<p>16</p> <p>12PM - JTP Group</p> <p>1:30PM - Cooking Skills: Chicken Fajitas and Refried Beans</p>	<p>17</p> <p>11AM - DBT Skills Group</p> <p>★ 1:30PM - Setting Movement Goals</p>	<p>18</p> <p>★ 10:30AM to 1PM - Visit the Eloise Butler Wildflower Garden</p> <p>📖 2PM to 4PM - 1:1 Meetings</p>	<p>19</p> <p style="text-align: center;">   <b>JUNETEENTH</b> </p>
<p>22</p> <p>11AM - Mental Health: Daily Habits to Increase Happiness</p> <p>12PM to 1PM - Naloxone Training, Opioid Response</p> <p>★ 2PM - Healthy Eating Habits</p>	<p>23</p> <p>📖 10AM to 12PM - 1:1 Meetings</p> <p>12PM - JTP Group</p> <p>1PM - Art Activity: Collage Making</p>	<p>24</p> <p>11AM - DBT Skills Group</p> <p>12PM - Chemical Health Group</p> <p>★ 2PM - Yard Games</p>	<p>25</p> <p>11AM - Bingo w/Prizes</p> <p>1PM - June Birthdays Celebration (Cake &amp; Ice Cream)</p> <p>1:30PM - Summer Challenge Series June Prizes 🏆</p>	<p>26</p> <p>11AM - Mental Health: Bipolar Disorder</p> <p>1PM - Walker Art Museum</p>
<p>29</p> <p>11AM - Mental Health: Facts About The Brain</p> <p>📝 1:30PM to 4:30PM - Harriet Island River Boat Cruise</p>	<p>30</p> <p>11AM - Setting Affirmations</p> <p>12PM - JTP Group</p> <p>2PM - Show and Tell</p>			

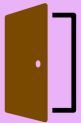
## HOURS AND CONTACT

Mon–Fri | 10AM–4PM  
2419 Nicollet Ave S,  
Minneapolis  
612-298-4062

## ACTIVITY NOTES & KEY



Event requires members to sign up in advance with staff.



Meet with staff 1:1 for support, goals, or resources.



Activities with the Star count toward individual challenge points!



For outdoor events, please dress for the weather and your comfort.




## HOW TO JOIN IN

Calendar events are open to all Resource Center members. To keep your membership active, please participate in at least one activity every six months. To become a member, connect with staff to set up a meeting.

## THE SUMMER CHALLENGE SERIES

We're kicking off the first ever **Summer Challenge Series**. Show up, take part, and build your score over three months.

Activities marked with  on the calendar earn points toward the leaderboard. Each activity completed increases your score, with prizes each month and additional awards at the end of the series. Check out the poster for more info!

## EVENTS TO TRY ON YOUR OWN

Southside Juneteenth Festival

- E Lake St & Minnehaha Ave - June 19
- Food, live music, art, and local vendors celebrating culture and community.

Stone Arch Bridge Festival

- W. River Parkway - June 20–21
- Art festival featuring 200+ artists, live music, demonstrations, and free activities.

Minneapolis Pride Festival

- Loring Park - June 27–28
- Live music, vendors, and community organizations.

## RESOURCE OF THE MONTH

This month, we're highlighting Red Door Clinic. Red Door Clinic provides sexual health services for all, including STI and HIV testing, safer sex supplies, PrEP and Doxy PEP, family planning, and more.