

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2-3:30 Connection	2 1-2 Affirmations 2-4 Art	3
4	5 1-3 Gratitude Day	6 1:30-3 Art with Sam	7 1-2:30 Creative Writing 2:30-4 Wellness Round Table: Mindful Movement	8 2-3:30 Connection	9 1-2 Potluck 2-3 What would you like to see on the calendar?	10
11	12 1-2 Self Care: Be Your Own Valentine 2-3 Share a Feel-Good News Story	13 1:30-3 Art with Sam	14 1-2:30 Creative Writing 2:30-4 Wellness Round Table: Self-Compassion	15 2-3:30 Connection	16 1-2 Bingo 2 Nutrition with Theresa	17
18	19 1-2 Media Discussion (TV, movies, books, music, etc.) 2-4 Crafts, Games, Puzzles	20 1:30-3 Art with Sam 7 pm Education Meeting	21 1-2:30 Creative Writing 2:30-4 Wellness Round Table: Spring's Coming	22 2-3:30 Connection 7 pm Family Support Group	23 1-2 Soup's On 2 Movie	24
25	26 1-3 Free Art 3-4 Cubby Cleanout	27 1:30-3 Art with Sam	28 1-2:30 Creative Writing 2:30-4 Wellness Round Table: Communication			
<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>						

EVENTS

NAMI Iowa Day on the Hill

Join NAMI Iowa for our Day on the Hill Wednesday, February 21 from 10 AM-4 PM. We will have education, inspiration, and a chance to meet with your legislators. Register on the NAMI Iowa website. Tickets are \$35 (\$25 before January 31). Scholarships will be available for peers and family members with limited incomes. This will reduce the price to \$10, plus a processing fee for EventBrite. Ticket price includes coffee and tea before the program, lunch, transportation to and from the Capitol, and materials.

What is Crisis Mobilization?

Join us at 7 pm on Tuesday, February 20th, for our monthly educational meeting. The topic will be Crisis Mobilization. We will meet in the P.E.O. room of the Ames Public Library.