



April 2024

**Interesting April Facts!**

The month of April gets its name from the Latin word *aperio*, meaning “to open” or bud

April’s full moon on the 8th is traditionally known as the Pink Moon because of the pink flowers that bloom during this time of year.

Sunday April 21st is Go Fly a Kite Day

The 54th Earth Day is Monday April 22nd

**NYRA PSR**

We will take consumers to Stephen’s Lake for our first fishing adventure of the year on Tuesday the 16th! Basic fishing gear will be provided and no fishing license is needed. Participation will be limited to those who sign-up at Nyra.

Weather permitting, we will take consumers to a local park to celebrate Springtime on Tuesday the 23th!

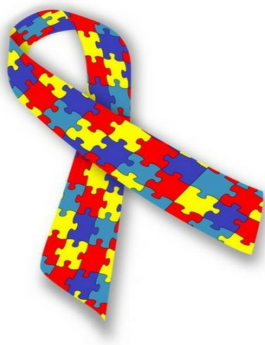
On Tuesday the 30th, the Nyra PSR will host a Spring Social with snacks, games, and fun!

**Groups**

- **C.A.R.E.** (Creative Activities for Recovery Enhancement)
- **CBT** (Cognitive Behavioral Treatment)
- **IMR** (Illness Management & Recovery)
- **ITCD Support** (Integrated Treatment for Co-occurring Disorders)
- **Living With Anxiety**
- **Mindfulness**

*All of our groups and activities are excellent resources in coping with a variety of mental illness diagnosis.*

**April is National Autism Awareness Month**



**A**lways  
**U**nique  
**T**otally  
**I**nteresting  
**S**ometimes  
**M**ysterious

**APRIL PRODUCE GUIDE**



ASPARAGUS



AVOCADOS



BEETS



BROCCOLI



CARROTS



CAULIFLOWER



CHARD



CITRUS FRUITS



MUSHROOMS



PEAS



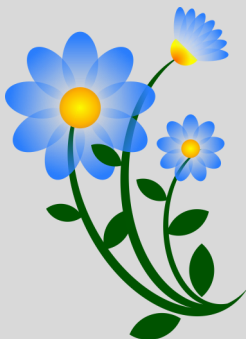
RADISHES



RHUBARB

HEALTHY nibbles & bits

# Nyra Calendar of Events: April 2024

| Mon   | Tue  | Wed   | Thu  | Fri   |
|---|--|---|--|---|
| <p><b>1</b><br/>8:30 Morning Social</p> <p><b>9:00 ITCD Support: relationships</b></p> <p><b>10:00 Mindfulness: Mindfulness basics</b></p> <p>10:30 Monday Merriment</p>    | <p><b>2*</b><br/>8:30 Morning Social</p> <p><b>9:00 CBT: thought record</b><br/>9:30 Ted Talk “How to Cope with Anxiety” O.R.<br/>12:30 Community outing- Walmart<br/>12:30-2:30 Consumer’s-choice activities</p>                      | <p><b>3*</b><br/>8:30 Morning Social</p> <p><b>9:00 IM&amp;R: stress vulnerability model</b><br/>10:00 C.A.R.E.</p> <p>11:00 Bingo</p> <p>12:30-2:30 Consumer’s-choice activities</p>                             | <p><b>4</b><br/>8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies “Please Stand By”</p> <p>11:00 Games and Social</p>    | <p><b>5</b><br/>8:30 Morning Social</p> <p><b>9:00 Life Skills: effective communication</b></p> <p>10:00 Tournament: Yahtzee</p> <p>11:00 Friday Fun and activities!</p>                |
| <p><b>8</b><br/>8:30 Morning Social</p> <p><b>9:00 ITCD Support: isolation</b></p> <p><b>10:00 Mindfulness: Mindfulness thoughts</b></p> <p>10:30 Monday Merriment</p>      | <p><b>9*</b><br/>8:30 Morning Social</p> <p><b>9:00 CBT: CBT tips</b><br/>9:30 Ted Talk “Benefits of Deep Sleep...” D.G.<br/>12:30 Community outing- Mall walk!<br/>12:30-2:30 Consumer’s-choice activities</p>                        | <p><b>10*</b><br/>8:30 Morning Social</p> <p><b>9:00 IM&amp;R: reducing relapse</b><br/>10:00 C.A.R.E.</p> <p>11:00 Bingo</p> <p>12:30-2:30 Consumer’s-choice activities</p>                                      | <p><b>11</b><br/>8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies “Step Up”</p> <p>11:00 Games and Social</p>           | <p><b>12</b><br/>8:30 Morning Social</p> <p><b>9:00 Life Skills: assertiveness</b></p> <p>10:00 Tournament: cards</p> <p>11:00 Friday Fun and activities</p>                            |
| <p><b>15</b><br/>8:30 Morning Social</p> <p><b>9:00 ITCD Support: justifications</b></p> <p><b>10:00 Mindfulness: Mindful of emotions</b></p> <p>10:30 Monday Merriment</p> | <p><b>16*</b><br/>8:30 Morning Social<br/><b>9:00 CBT: self esteem</b><br/>9:30 Ted Talk “Say Your Truths...” Lesser<br/>12:30 Community outing- Fishing! Stephen’s Lake<br/>12:30-2:30 Consumer’s-choice activities</p>               | <p><b>17*</b><br/>8:30 Morning Social</p> <p><b>9:00 IM&amp;R: building supports</b><br/>10:00 C.A.R.E.</p> <p>11:00 Bingo</p> <p>12:30-2:30 Consumer’s-choice activities</p>                                     | <p><b>18</b><br/>8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies, “Nathan’s Kingdom”</p> <p>11:00 Games and Social</p> | <p><b>19</b><br/>8:30 Morning Social</p> <p><b>9:00 Life Skills: emotional skills</b></p> <p>10:00 Tournament:: Corn hole</p> <p>11:00 Friday Fun and activities</p>                    |
| <p><b>22</b><br/>8:30 Morning Social</p> <p><b>9:00 ITCD Support: masks</b></p> <p><b>10:00 Mindfulness: Mindful eating</b></p> <p>10:30 Monday Merriment</p>               | <p><b>23*</b><br/>8:30 Morning Social</p> <p><b>9:00 CBT: Constructive criticism</b><br/>9:30 The Cooking Crew- Healthy recipes w/ Susan!<br/>12:30 Community outing- Walk in the Park<br/>12:30-2:30 Consumer’s-choice activities</p> | <p><b>24*</b><br/>8:30 Morning Social</p> <p><b>9:00 IM&amp;R: keeping supports</b><br/>10:00 C.A.R.E.<br/>11:00 Bingo<br/>12:30 Community outing- Flea market</p> <p>12:30-2:30 Consumer’s-choice activities</p> | <p><b>25</b><br/>8:30 Morning Social</p> <p><b>9:00 Living with Anxiety</b></p> <p>9:30 Thursday Morning at the Movies, “Hairspray”</p> <p>11:00 Games and Social</p>        | <p><b>26</b><br/>8:30 Morning Social</p> <p><b>9:00 Life Skills: navigating a world of pronouns</b></p> <p>10:00 Tournament: Pool tournament</p> <p>11:00 Friday Fun and activities</p> |
| <p><b>29</b><br/>8:30 Morning Social</p> <p><b>9:00 ITCD Support: overwhelmed</b></p> <p><b>10:00 Mindfulness: Mindful movement</b></p> <p>10:30 Monday Merriment</p>       | <p><b>30*</b><br/>8:30 Morning Social<br/><b>9:00 CBT: self appreciation</b><br/>9:30 Ted Talk “Asking for Help is a Strength” M.S.”<br/>10:30 “High Blood Pressure”, health group with Nurse Lesa<br/>12:30-2:30 Spring Social!!!</p> |   | <p><b>*PSR is open until 2:30 PM on Tuesdays and Wednesdays</b></p>  |    |