



MOUNTAINBROOKE AUGUST 2024

Announcements:

Member's meeting will take place Friday, August 9th at 11:15 AM. Member's Meetings are held the second Friday of the month. All members are encouraged to attend.

Peer Support Groups on Tuesday and Thursday are open to the public.

We will serve lunch every Friday at Noon. Please call or sign up in person by Thursday.

We will have Case Workers every Tuesday and Thursday.

Mental Health Hotlines:

211
988
800-273-8255

112 North 3rd Street
Grand Forks, North Dakota 58203
P: (701) 746-4530

Hours:
Monday-Friday
8:00 AM – 4:00 PM

E: mountainbrookegf@gmail.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Case Workers 10:00 Food Bank 10:30 Peer Support	2 10:00 Arts for Vets 12 Lunch	3 Closed
4 Closed	5 10:00 Centre 11:00 Walk on Greenway	6 9:00 Case Workers 10:00 Peer Support 11-GameStations	7 10:00 Recovery Ed: NEHSC 11:00 Pool Tournament	8 9:00 Case Workers 10:00 Food Bank 10:30 Peer Support	10:00ArtsforVets 11:15 Members Meeting 12 Brain Injury; Lunch & Learn 12 Lunch	10 Closed
11 Closed	12 10:00 F5 Project 11:00 Walk on Greenway	13 9:00 Case Workers 10:00 Peer Support 11-Wii Sports	14 10:00 Recovery Ed: NEHSC 11:00 Move @ MTB	15 9:00 Case Workers 10:00 Food Bank 10:30 Peer Support	16 10:00 Arts for Vets 12 Lunch	17 Closed
18 Closed	19 10:00 CVIC 11:00 Walk on Greenway	20 9:00 Case Workers 10:00 Peer Support 11-Movie @ MTB	21 10:00 Recovery Ed: NEHSC 11:00 Side Walk Art	22 9:00CaseWorker 10:00FoodBank 1030PeerSuppor 5GameNight (Hours 8-2 & 5-7)	23 10:00 Arts for Vets 12 Brain Injury; Lunch & Learn 12 Lunch	24 Closed
25 Closed	26 10-1 Turtle River Outing 11:00 Walk on Greenway	27 9:00 Case Workers 10:00 Peer Support 11-Game Stations	28 10:00 Recovery Ed: NEHSC 11:00 BINGO		30	31