# Veterans Bridge to Recovery: October 2020 Program Calendar

****Calendar is subject to change. Please watch for updates! ****

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **Last Updated:**<br>**09/03/2020** | | | | **1**<br>**9am: Community Meeting**<br>**10am: Emotional Regulation** | **2**<br>**9am: Weekend Plans**<br>**10am: Music** | 3 |
| 4 | **5**<br>**9am: Weekend Updates**<br>**10am: Interpreting Social Cues** | **6**<br>**9am: Community Meeting**<br>**10am: Anti-Stigma** | **7**<br>**9am: Community Meeting**<br>**10am: CBSST** | **8**<br>**9am: Community Meeting**<br>**10am: Emotional Regulation** | **9**<br>**9am: Weekend Plans**<br>**10am: Trivia** | 10 |
| 11 | **12**<br>VBR Closed For Holiday | **13**<br>**9am: Weekend Updates**<br>**10am: Anti-Stigma** | **14**<br>**9am: Community Meeting**<br>**10am: CBSST** | **15**<br>**9am: Community Meeting**<br>**10am: Emotional Regulation** | **16**<br>**9am: Weekend Plans**<br>**10am: Life Stories** | 17 |
| 18 | **19**<br>**9am: Weekend Updates**<br>**10am: Interpreting Social Cues** | **20**<br>**9am: Community Meeting**<br>**10am: Anti-Stigma** | **21**<br>**9am: Community Meeting**<br>**10am: CBSST** | **22**<br>**9am: Community Meeting**<br>**10am: Emotional Regulation** | **23**<br>**9am: Weekend Plans**<br>**10am: Yahtzee** | 24 |
| 25 | 26<br>**9am: Weekend Updates**<br>**10am: Mindfulness** | **27**<br>**9am: Community Meeting**<br>**10am: Anti-Stigma** | **28**<br>**9am: Community Meeting**<br>**10am: CBSST** | **29**<br>**9am: Community Meeting**<br>**10am: Emotional Regulation** | **30**<br>**9am: Weekend Plans**<br>**10am: Getting To Know You: Halloween Tricky Traditions** | 31<br>Happy Halloween! |

**VBR info:** **VBR website: www.minneapolis.va.gov/services/VBR.asp**
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**Please reach out to your fellow veterans. Ask VBR staff for the VBR member contact list.**