

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILITARY VETERAN PEER NETWORK 1100 W. WALKER DENISON, TX	WALK IN HOURS: MON 3pm – 6pm TUES – FRI 9am – 1pm 903-267-0166	For appointments: 903-267-0166			1	2
3	4 LUNCH CLINT'S CAFÉ 11:30-1	5	6	7	8 Veterans Breakfast 8-10am	9
10 Men's PTSD Support Group 6pm – 7pm	11 LUNCH CLIN'TS CAFÉ 11:30-1pm FLU CLINIC 12-1pm	12 Women's PTSD Support Group 11am -12pm	13 BIRTHDAY PARTY 1pm – 3pm (let's all eat Navy cake!)	14	15 **MHFA Training deadline	16
17 Men's PTSD Support Group 6pm – 7pm	18 MEN'S VETERAN LUNCH 11:30am-1pm	19 LET'S GET CRAFTY 2pm-3pm	20 VETERANS OF FANTASY 5:30pm	21	22	23
24 Men's PTSD Support Group 6pm – 7pm	25 LUNCH & LEARN 11:30-1pm	26 Women's PTSD Support Group 11am-12pm	27	28	29 **Grayson VTC 9am **Fannin VTC 1:15pm	30
31 Men's PTSD Support Group 6pm – 7pm						

MILITARY VETERAN PEER NETWORK (MVPN)
-TEXOMA COMMUNITY CENTER

****Veteran Treatment Court (VTC)**
Grayson location: 2nd floor
100 W. Houston, Sherman Tx
Fannin location:
101 E. Sam Rayburn, Bonham Tx

Unless otherwise indicated by ** all events take place at Walker House 1100 W. Walker, Denison Tx

OCT 11 (11:30pm – 1:00pm)

Clint's Camaraderie Cafe

Drop by for lunch! Clint's Cafe is simply a time for camaraderie with a group of peers. Meet other veterans who have been there and done that. Lots of banter, laughter and bonding happens during Clint's Cafe.

OCT 11 (12PM – 1PM)

FLU CLINIC

Nurses from Mays Home Health will be at Walker House to give flu shots for those who want one. If you have Medicare, bring your Medicare card with you.

OCT 10, OCT 17, 24, 31 (6pm – 7pm)

Men's PTSD Support Group

“Bring Everyone In The Zone” is a support group for anyone dealing with and recovering from the aftermath of Post Traumatic Stress, Traumatic Brain Injury, Sexual Assault, and any traumatic experiences in life. The only requirement is that, having been profoundly affected by trauma, we have a desire to improve our lives, work toward recovery, and positively impact the lives of those close to us.

**MILITARY VETERAN PEER
NETWORK (MVPN)**
-TEXOMA COMMUNITY CENTER

****Veteran Treatment Court (VTC)**
Grayson location: 2nd floor
100 W. Houston, Sherman Tx
Fannin location:
101 E. Sam Rayburn, Bonham Tx

**Unless otherwise indicated by ** all
events take place at Walker House
1100 W. Walker, Denison Tx**

OCT 12, OCT 26 (11am – 12pm)

Women's PTSD Support group

“Bring Everyone In The Zone” is a support group for anyone dealing with and recovering from the aftermath of Post Traumatic Stress, Traumatic Brain Injury, Sexual Assault, and any traumatic experiences in life. The only requirement is that, having been profoundly affected by trauma, we have a desire to improve our lives, work toward recovery, and positively impact the lives of those close to us.

OCT 13 (1pm – 3pm)

BIRTHDAY PARTY – Happy Birthday Navy

All branches are welcome to celebrate the Navy's birthday. Stop by for cake and ice cream!

OCT 15 is the registration deadline for MENTAL HEALTH FIRST AID training which will be held on December 7, 2022 from 8am – 4pm at Walker House. Lunch will be provided. Mental Health First Aid (MHFA) training introduces participants to signs and symptoms of mental health and substance use concerns, builds understanding of their impact, and gives an overview of common treatments and resources. To register, email Sharon Luse sluse@texomacc.org or send a text to Sharon 903-267-0166. All MVPN volunteers are encouraged to attend this training if possible.

**MILITARY VETERAN PEER
NETWORK (MVPN)**
-TEXOMA COMMUNITY CENTER

****Veteran Treatment Court (VTC)**
Grayson location: 2nd floor
100 W. Houston, Sherman Tx
Fannin location:
101 E. Sam Rayburn, Bonham Tx

**Unless otherwise indicated by ** all
events take place at Walker House
1100 W. Walker, Denison Tx**

OCT 18 (11:30AM – 1PM)

Men's Veteran Lunch – 4th Tuesday

We reserve the 4th Tuesday of the month for male veterans to get together and eat. It's a time for the men to discuss whatever they want. That doesn't mean that spouses and significant others can't come and eat also....we've reserved a separate, private room for them to gather also. Don't worry, we've got a Women Veteran Lunch on a different day.

OCT 19 (2-3pm)

Let's Get Crafty

Spend an hour with Sharon making crafts. Crafting is a therapeutic and rewarding activity. No special skills required...we have all the supplies at Walker House, so come on for an hour of rewarding fun.

OCT 20 (door opens at 5:30. Games begin at 6:30)

Veterans of Fantasy

Enjoy a night of fantasy gaming fun with other veterans. If you're a gamer, in-person Dungeons & Dragons and other fantasy games might be just what you need to relieve stress.

OCT 25 (11:30AM – 1PM)

Lunch & Learn

Toastmaster Guest Speaker, Roger Eppler, joins us during lunch to discuss improving communication and speaking skills. This is useful for anyone who ever has the need to speak

**MILITARY VETERAN PEER
NETWORK (MVPN)**

-TEXOMA COMMUNITY CENTER

****Veteran Treatment Court (VTC)**

Grayson location: 2nd floor

100 W. Houston, Sherman Tx

Fannin location:

101 E. Sam Rayburn, Bonham Tx

**Unless otherwise indicated by ** all
events take place at Walker House
1100 W. Walker, Denison Tx**

to others in public, for job interviews, training, speaking in front of a crowd, and networking purposes

**MILITARY VETERAN PEER
NETWORK (MVPN)**
-TEXOMA COMMUNITY CENTER

****Veteran Treatment Court (VTC)**
Grayson location: 2nd floor
100 W. Houston, Sherman Tx
Fannin location:
101 E. Sam Rayburn, Bonham Tx

**Unless otherwise indicated by ** all
events take place at Walker House
1100 W. Walker, Denison Tx**