

Minnesota Mental Health Clinics  
**Horizons Community Support Program**

*Wherever you are, be all there ~ Jim Elliot*

**February 2018**



**News From Horizons...**

**Important:**

- Make sure you are signed up on the transportation board **24 HOURS** before transportation is needed!
- Please be ready 5 minutes BEFORE your given pick up time for transportation.
- Please be mindful of discussion topics. Certain topics may be sensitive or trigger others.
- This is a friendly and safe environment for EVERYONE! Please be respectful of others and treat them as you want to be treated.

**Reminders:**

- If you are at the Drop-In for **3 hours or more**, it is mandatory to attend one activity or group per day; Monday-Friday.
- Please be respectful of staff work area. For the privacy of members and staff, be sure that you ask permission before entering staff area.
- Please remember to pick up after yourselves; in the vans as well as in the Drop-In.

**Your Drop-In Counselors**

**Hope Robertson:** (Intake Coordinator) (651) 365-8229

**Mike Kerstetter:** (651) 365-8233

**Gary Johnson:** (651) 365-8234

**Kayla Williams:** (651) 365-8235

**Member Phone:**

(651) 365-8244

**Angela Elwell, Executive Director:**

**(P):** (651) 395-5783

**(F):** (651) 365-8284

**GROUPS!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Car/ Healthy Living @ 11:30 am	-Walking @ 11:30 am	-Pride/ Writing Group @ 12:30 pm	-Women's @ 12:30 pm	-Yoga @ 11:30 am -Literature @ 12:30 pm	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	-Art @ 1 pm	Meditation/Music @ 1:30 pm	-Men's @ 1:30 pm		
		-Cooking @ 4 pm			



**Drop-In Hours**

Monday	10-4
Tuesday	11-4
Wednesday	10-7
Thursday	10-4
Friday	10-4
Saturday	TBD
Sunday	Closed

**Dates To Remember:**



**Ice Castles 1/31**



**Super Bowl party 2/2**

**Winter Carnival 2/3**



**Valentine's Day Dance party 2/14**

**James J. Hill House tour 2/24 (\$2)**



**CSP Olympic games**

# Hope's Hangout



Winter has come in full swing here in Minnesota! As the long Minnesotan winter continues and we see the glorious sun less and less, the winter blues has a tendency to settle in and make winter even more difficult. So, as we continue to talk about Hygge and what it means to be present, mindful, and cozy during winter, here are a few ideas to make winter more fun:

- \* Find a way to enjoy being outside (while staying safe)
- \* Wear bright colors and take Vitamin D!
- \* Eat seasonal winter foods like squash, sweet potatoes, and eggplant
- \* Curl up with a blanket, a warm drink, and a good book (or movie)
- \* Step out of your comfort-zone and try something new, start a new project, or pick up an old hobby!

## Kayla's Kingdom



Happy February everyone! I wanted to take this opportunity to remind everyone about the theme and purpose of our Pride Group, now held every other Wednesday. The purpose of the group is to support and educate our community here at Horizons and to create a more caring, safe, and compassionate community. That being said, our members have created a list of rules to keep the group a productive and safe space for all. We observe the Platinum Rule in lieu of the Golden Rule; instead of treating others how you would like to be treated, treat others how *they* would like to be treated. Please see me for a complete list of rules!

## Mike's Message

It's already February in 2018! Where does the time go? As we dive into this next month, we will be paying special attention to the Winter Olympics of 2018! Hosted in PyeongChang Korea, the games take place starting February 9 and run strong until February 25. Join us on Saturday, February 17 as we are hosting an Olympic Viewing Party. Furthermore, join us on Thursday, February 22 as clients will compete head to head in our very own Olympic games here at the drop in! I look forward to continue seeing old and new clients come to the drop in and getting to know all of you.



## Angela's Announcements

Thank you to all of our members for your patience with our transportation as we have endured some recent winter storms. If client parking lots/driveways are not plowed our staff cannot drive through them and may have to make decisions regarding where you can be picked up. Your safety is important to us so please be patient with staff when making these decisions! We also face other obstacles such as traffic, poor road conditions, trains, etc, so please be patient with us if we are running late! Again, staff and client safety are first and foremost.



Don't forget that Ground Hog day is arriving soon so let's keep our fingers crossed we don't see the groundhog's shadow so we can have an early spring!