

Minnesota Mental Health Clinics

# Horizons Community Support Program

*Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step.*

## February 2017



### News From Horizons...

**Important:**

- Make sure you are signed up on the transportation board 24 HOURS before transportation is needed!

- Please remember to 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 would 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 are asking for permission before entering staff area.

### Your Drop-In Counselors

Dana O'Neil: (651) 365-8229

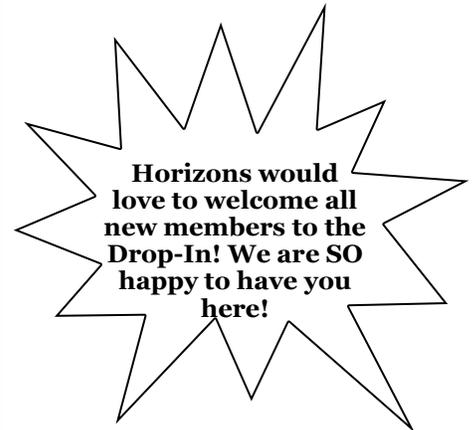
Gary Johnson: (651) 365-8234

Brittany McKenney: (651) 365-8233

Katie Hansen: (651) 365-8235

**Member Phone:**

(651) 365-8244



## GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Illness Management & Recovery	-Walking @ 11:30 am	-Healthy Living @ 12 pm	-Women's @ 12:30 pm	-Yoga @ 11 am	TBD
or	-Art @ 12 pm	-Mood Management @ 1:30 pm	-Men's @ 1:30 pm	-Relationships @ 12:30 pm	
Employment @ 1:30 pm		-Cooking @ 4 pm		-Communications/ Creative Writing @ 1:30 pm	

### Dates To Remember:

2/5

51<sup>st</sup> Super Bowl



2/14

Valentine's Day



2/20

President's Day



### Drop-In Hours

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

## Dana's Dose



Happy February, everyone! Just a friendly reminder that the LGBTQ Support Group that is offered on Friday's from 12:30pm to 1:30pm has been changed to Relationships Support Group. This group focuses on helping individuals in their every day relationships; whether it be with siblings, friends or romantic partners. Every relationship is important in their own way and it is beneficial to have dedicated time to learning how one can improve their relationships, build boundaries, know the difference between healthy and unhealthy relationships, ask for advice, share your thoughts and experiences, and discuss challenges. Everyone is welcome to attend!

## Brittany's Bulletin



Greetings all!!! Horizons is excited for the activities taking place this month! We are having a Valentine's Day party on February 14<sup>th</sup>. Valentine's Day is a festival of romantic love and many people give cards, letters, flowers or presents to their loved ones. Common symbols of Valentine's Day are hearts, red roses and Cupid. In addition, we're excited to be going to the Science Museum, Wabasha Street Caves, Weisman Art Museum, and the Indoor Winter Market in Eagan for our Saturday outings this month! We hope to see you all here because it's going to be a great month!

## Katie's Korner



Hello everyone! My name is Katie, I started in the drop in on January 16<sup>th</sup>. A little about myself... I grew up in Minneapolis but have had the opportunity to live in 2 different states outside of MN because my husband was in the military. We lived about 30 minutes north of Seattle for 5 years and lived in Iowa for 2 years; we moved back to the Twin Cities last summer to be closer to family. I am currently studying to get my Master's degree in Psychology which I am planning on completing in October. I have a 2 month old baby boy named Nathan and his smile will light up a room! I also have a 10 year old Siamese/American Shorthair mix kitty named Bubba; I also have 2 sisters and 1 brother. For fun, I love to go to movies, hang out with family and friends, go outside and be active. I am excited to be a part of this awesome organization and am very excited to get to know all of you!

## Angela's Announcements



Change is hard—so hard, in fact, that most of us avoid it at all costs. But by avoiding change, we create even bigger problems, such as lost opportunities, broken relationships, or sometimes an increase in mental health symptoms. Change means stepping into the unknown and losing your comfortable routine, and that's frightening. Change is not an event with an exact start and stop point; it's a process. You just need patience, persistence, and a strong commitment to improve your life by making changes for the better. Please attend our Mood Management group this month where staff will be discussing the 5 stages of Change:

1. Precontemplation, 2. Contemplation, 3. Preparation, 4. Action, 5. Maintenance.