

# HORIZONS COMMUNITY SUPPORT PROGRAM

Member phone: (651) 365-8244

Your Drop-In Counselors:

Emily Spofford; Lead Counselor: (651) 365-8235

Gary Johnson: (651) 365-8234

Dana O'Neil: (651) 365-8229

Brittany McKenney: (651) 365-8233

*May this new year bring many opportunities your way, to explore every joy of life and may your resolutions for the days ahead stay firm turning all your dreams into reality and all your efforts into great achievements.*

## Drop-In Hours:

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

## January 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 of 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.



## Dates to Remember:

### New Years Day

1/1



Reminder: Drop-In will be closed on Monday, 1/2 for the holiday



### Martin Luther King Jr. Day

1/16



## GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Illness Management & Recovery or Employment @ 1:30pm	-Walking Group @ 11:30am -Art Group @ 12pm	-Healthy Living @ 12pm -Communications @ 1:30pm -Cooking @ 5pm	-Women's Group @ 12:30pm -Men's Group @ 1:30pm	-Yoga @ 11am -Relationships @ 12:30pm -Mood Mgmt @ 1:30pm	TBD

## Emily's Enlightenment



Greetings Everyone! As some of you may know, I will be transitioning onto the Case Management Team this month. This change came faster than I expected but like any new opportunity, the only way to make sense out of change is to plunge into it, move with it, and join the dance. It has been such a pleasure working with all of you this past year and I want you to know that each one of you has made a tremendous impact on my life. Thank you for accepting me into your lives and for allowing me to become a part of such a wonderful organization. I look forward to continuing my career with the Horizons team in 2017. Happy New Year!

## Dana's Dose



Happy New Year! With the New Year here it is an awesome opportunity to have a fresh start. This month at the drop-in there are plenty of changes; including Emily becoming a Case Manager which is so exciting and we couldn't be happier to see her dive right in and try something new! Change can definitely be scary and not everyone reacts to it the same so lets all try to keep in mind that it will be a huge transition for all and to remain respectful while things fall back into place. The drop-in this month will also be offering a special outing on Wednesday, January 18th in place of cooking group at the Ice Castles in Stillwater! Be sure to sign up on the clipboard if you would like to join. Staff hopes everyone has a safe and enjoyable holiday season and we cannot wait to start off the New Year with you all!

## Brittany's Bulletin



Happy 2017 everyone!! A New Year means new thoughts, ideas, hopes, expectations, and a whole new set of challenges. The main intention of celebrating New Year is not only to welcome a New Year, but to reform ourselves in much-needed areas. The New Year brings with it the promise of a clean slate and fresh start. Making New Year's resolutions gives us the opportunity to leave our previous faults in the past and focus on creating a new and improved version of ourselves. What will you focus on in 2017? Staff is eager to see what the New Year will bring for everyone at Horizons!!

## Angela's Announcements



Thank you to all who attended the presentation from NAMI Executive Director, Sue Abderholden in December! We feel so fortunate to have had Sue come to our CSP and we learned so much about the history of Mental Health in Minnesota. Sue let us know that she would be interested in coming back to our CSP to discuss other topics of interest regarding Mental Health so please let our staff know if this is something that you would be interested in. Thank you for attending our CSP! We look forward to seeing you in 2017!