

Minnesota Mental Health Clinics

# Horizons Community Support Program

*Plant your own garden instead of waiting for someone to buy you flowers*

**June 2017**



## 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:

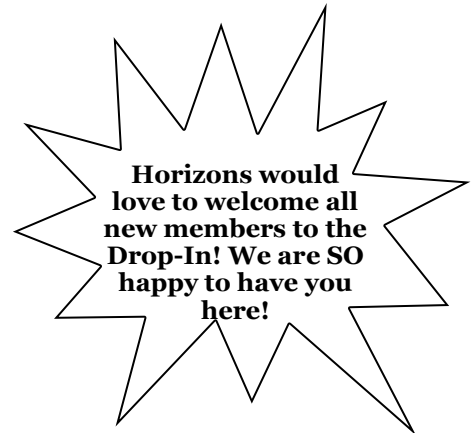
- If you are at the Drop-In for **3 hours or more**, it is mandatory to attend one activity or group per day; Monday-Friday.
- Please be respectful of staff work area. For the privacy of members and staff, be sure that you ask permission before entering staff area.
- Please remember to pick up after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

## Your Drop-In Counselors

- Brittany McKenney: (651) 365-8233  
 Gary Johnson: (651) 365-8234  
 Katie Hansen: (651) 365-8235  
 Hope Robertson: (651) 365-8229

### Member Phone:

(651) 365-8244



## GROUPS!

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

## Drop-In Hours

|           |               |
|-----------|---------------|
| Monday    | <b>10-4</b>   |
| Tuesday   | <b>11-4</b>   |
| Wednesday | <b>10-7</b>   |
| Thursday  | <b>10-4</b>   |
| Friday    | <b>10-4</b>   |
| Saturday  | <b>TBD</b>    |
| Sunday    | <b>Closed</b> |

July 4th—  
Independence Day!

July 6th-4th of  
Ju-

July 19th—  
Twins



## Dates To Remem-

*Gardening every  
Tuesday and  
Friday!!*



# Brittany's Bulletin



Happy July everyone!!! Most importantly 4<sup>th</sup> of July☺, also referred to as Independence Day! The 4<sup>th</sup> of July is a federal holiday in the United States commemorating the adoption of the Declaration of Independence 241 years ago on July 4, 1776. Due to the holiday the drop in will be **closed on Tuesday July 4<sup>th</sup>**. Following, we will be having our annual 4<sup>th</sup> of July BBQ on **Thursday July 6<sup>th</sup>**. To prepare for the delicious barbeque, we are asking members to help staff meal prep the night before on **Wednesday July 5<sup>th</sup>**! We encourage everyone to lend a helping hand in order for this to be a successful celebration☺. Let's make it another fantastic month!

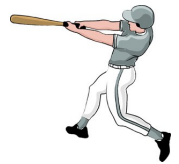
## Katie's Korner

Happy Summer! I hope everyone is enjoying the warm weather! We have lots of fun activities going on this month. Join us as we go hang out at Lake Calhoun on July 1<sup>st</sup> and spend some time at the Leprechaun days on July 29<sup>th</sup>. Other events include going to the Minneapolis Aquatennial festival, Fishing and garage sales. We want to spend as much time outside as we can! We also have veggies growing in our garden! We encourage you all to participate in the Garden Group so that we can continue to grow happy, healthy veggies for the season! Our garden days are Tuesday and Fridays so if you are here, please help us make the



## Hope's Hangout

Summer is in full swing! And we some great summertime events planned for July! To kick of the month we have an awesome BBQ on July 6<sup>th</sup>. The week after, we will be going to the Eagan Market fest which will be featuring a car show when we visit! Then, we will be going to another Twins game at Target Field on July 19<sup>th</sup>. On July 20<sup>th</sup>, we will be going to explore the Blackhawk Park and enjoying the great outdoors. The next week, we will be going to the Lyndale Rose Garden to see all of the beautiful flowers. In addition, we will have lots of the regular favorites like garage sales, fishing, thrifty Thursday, and



## Angela's Announcements

Please join us on Wednesday, July 5th for a presentation on "Financial Empowerment" at 2:00 pm. You will also have an opportunity to meet one on one with a Financial Empowerment worker to discuss options for managing your finances.

Last month I talked about ways to keep a positive attitude so please continue to spread positivity among our Community Support Program and in the community!

*Remember that it takes 43 muscles to frown and 17 muscles to smile. I am choosing to smile ☺*