

Horizons Community Support Program

Take pride in how far you've come and have faith in how far you can go

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

Dates To Remember:

June 17th—
Caponi Art



*Gardening every
Tuesday and
Friday!!*

June 21st— First
Day of Summer!



Brittany's Bulletin



Hey everyone!! This month marks the beginning of summer!! We are so excited to get outdoors and enjoy the sunshine!! Some great activities this month include: Geocaching, Minneapolis farmers market, and fishing! Geocaching is an outdoor recreational activity, in which participants use GPS mobile device to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the world. We hope you can all join. **Some reminders:** please be mindful and respectful of everyone while at the drop in and on activities! We want to make this a safe and fun place for people to build meaningful relationships! Also, remember so sign in when you arrive as well as for activities you want to participate in. Lets make it a great month!

Katie's Korner



The first day of summer is fast approaching! The Summer Solstice (also known as the first day of summer) is June 21st. This is the point in time when the sun reaches its northernmost point from the equator. The Summer solstice is the day with the most hours of sunlight during the entire year. With longer days approaching, we want to spend as much time outside as possible to soak up all that wonderful Vitamin D we lose during those gloomy winter months. A great way to get outside and enjoy that wonderful sunshine would be to come and help out at the garden! We have many plants already in the ground growing. We go to the garden on Tuesdays and Fridays each week! We would love to see as many people as we can get to help our little garden grow!

Hope's Hangout



Happy June! Now that it's (almost) summer, it is the perfect time to start doing more outside activities! First, we will be going to Minnehaha Falls and Regional Park which is One of Minneapolis' oldest and most popular parks and was the inspiration behind Henry Longfellow's famous poem the Song of Hiawatha. Next, we will be going to an outdoor mini golf course! Then, we will go to the Caponi Art Park where the goal is to restore and nurture the human spirit through art, nature and community. And last but not least, we will visit as many garage sales as we can fit into an afternoon!

Angela's Announcements



Simple Tips for Developing a Positive Attitude:

1. Choose to be happy. ...
2. Look at the bright side of life. ...
3. Choose to be optimistic.
4. Find reasons to smile more often. ...
5. Have faith in yourself, and believe that others can help you.
6. Associate yourself with happy people.
7. Read inspiring stories.
8. Read inspiring quotes