

Minnesota Mental Health Clinics

Horizons Community Support Program

*May your troubles be less and your blessings be more;
and nothing but happiness come through your door.*

March 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

- 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 | |

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:

3/12

Daylight Savings



3/16

Day On The Hill



3/17

St. Patrick’s Day



3/20

First Day of Spring!

Dana's Dose



Top of the mornin' to ya! It's officially March which means the best day of the year (I may be biased) is near... St. Patrick's Day! St. Patrick's Day or the Feast of Saint Patrick celebrates the heritage and culture of the Irish while honoring Saint Patrick, the foremost patron saint of Ireland. Saint Patrick was a 5th-century missionary and bishop in Ireland. Celebrations typically include parades, festivals and wearing green attire and/or shamrocks. St. Patrick's Day is celebrated in more countries than any other national festival! In 1903, St. Patrick's Day became an official public holiday in Ireland but the first official state-sponsored parade took place in 1931 in Dublin. While St. Patrick's Day is not a legal holiday in the U.S., it is still recognized and observed throughout the country as a celebration of Irish and Irish-American culture and has been celebrated since the late 18th century. Can't wait to have our own little celebration here at the Drop-In on Friday, March 17th!

Brittany's Bulletin



Hey Everyone! March is going to be a great month and hopefully we see more sunshine than snow to bring in the spring season! We have a lot of exciting activities going on this month at the Drop-In and we hope that everyone is looking forward to participating! To highlight a few, we will be going to the capital on Thursday March 16th for Mental Health Day on the Hill which is such a great opportunity to have your voice be heard and to advocate for yourself. Some other activities being offered include a tour of WCCO, a visit to the Humane Society, the Minnesota Zoo, and of course a St. Patrick's Day celebration. We look forward to celebrating the official start of spring with all of you this month!

Katie's Korner



Happy March everyone! Spring is in the air! March is the start of warm weather, going outside, blooming plants, and longer days! It's time to start thinking about Daylight Savings Time. Daylight Savings gives us a chance to have longer days to enjoy the wonderful weather we will (hopefully) be having. Daylight Savings Time starts on March 12th at 2am. Remember to "Spring Forward" your clocks. Happy March everyone! Spring is in the air! It's time to start thinking about Daylight Savings Time. Daylight Savings gives us a chance to have longer days to enjoy the wonderful weather we will (hopefully) be having. Daylight Savings Time starts on March 12th at 2am. Remember to "Spring Forward" your clocks. We are excited to bring back the garden and will be planting the vegetables we have already started sometime in April/May. So keep your eyes and ears open for more information as it comes!

Angela's Announcements



As a reminder, Mental Health Day is on March 16th and we will be transporting clients to the Capitol to participate in "Day on the Hill (Sign up with staff).

NAMI is also offering bus service from locations across the state. To see more information on bus routes, please visit <https://2017dayonhill.eventbrite.com>. All buses arrive in St. Paul by 10:00 a.m. and depart at 3:00 p.m.

NAMI will have an informational briefing starting at 10:00 a.m. and we encourage everyone to call their legislators and schedule appointments between 11:30 a.m. - 1:30 p.m. See who represents you at: <http://www.gis.leg.mn/OpenLayers/districts/>.

Finally NAMI will have a rally at the Capitol Rotunda from 1:30 p.m. - 2:30 p.m. Please contact Sam Smith at 651-645-2948 ext. 107 or at ssmith@namimn.org with questions about the day's event.

Please use this opportunity to have your voice be heard!