

Minnesota Mental Health Clinics

# Horizons Community Support Program

*A comfort zone is a beautiful place, but nothing ever grows there.*

**May 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:

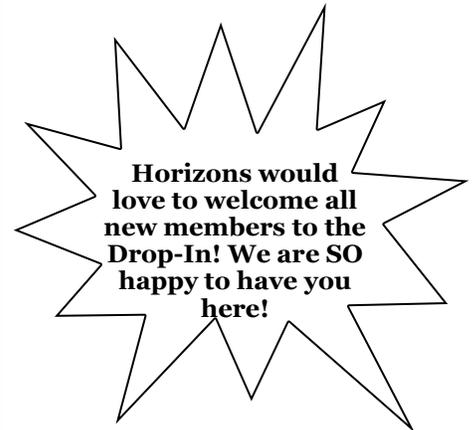
- If you are at the Drop-In for **3 hours or more**, it is mandatory to attend one activity or group per day; Monday-Friday.
- Please be respectful of staff work area. For the privacy of members and staff, be sure that you ask permission before entering staff area.
- Please remember to pick up after 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	-Walking @ 11:30 am	-Healthy Living @ 12 pm	-Women's @ 12:30 pm	-Yoga @ 11 am	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	-Art @ 1 pm	-Mood Management @ 1:30 pm	-Men's @ 1:30 pm	-Relationships @ 12:30 pm	
		-Cooking @ 4 pm		-Communications/ Creative Writing @ 1:30 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>

## Dates To Remember:



**5/5**  
Cinco de Mayo



**5/29**  
Memorial Day  
(CLOSED)



**May is Mental Health Awareness Month!**



## Dana's Dose



Happy May, everyone! It is with a sad (but excited!) heart that I will be transferring to the Horizons Case Management team starting May 1st. I wanted to take this last newsletter blurb to express how extremely grateful I am for the past year in the Drop-In. Each and every one of you have made a difference in my life and I am truly thankful I have had the chance to build relationships within the Drop-In. I couldn't have asked for a better experience and I will cherish every smile, laugh and memory you have all given me. No need to worry though, I'll be sure to "drop-in" here and there to see you all! I look forward to continuing my journey with Horizons. Hope you all have a great month!

## Brittany's Bulletin



Hello all! May is here and staff are thrilled for what we have in store this month! We will be having a Cinco de Mayo celebration at the center on Thursday, May 4th with a delicious taco bar! The date is observed to commemorate the Mexican Army's unlikely victory over French forces at the Battle of Puebla on May 5th, 1862. Memorial Day also takes place this month on May 29th. We will have a Memorial Day picnic on Friday, May 26th and we would love to see you all there! Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. I encourage everyone to take a moment to give their respect to the courageous men and women who have served our country. Horizons CSP will be closed on Monday, May 29th due to the Holiday. Lets make it a fantastic

## Katie's Korner



Spring is here and days are warmer which means we are able put our growing plants into the ground. Join us on May 2<sup>nd</sup> while we prepare our lot for our plants and begin the process of gardening for the Summer. In addition, we have some fantastic events coming up this month; we are planning on going to the Twins Game on Wednesday May 3<sup>rd</sup> at 7:10pm and May 18<sup>th</sup> at 12pm. We are also planning fun activities like the Festival of Nations and the Japanese Garden in Bloomington. Now that the weather is nice, we look forward to spending more time outdoors and doing different activities.

## Angela's Announcements



I am excited to introduce our newest Drop-In Counselor, Hope! Hope's first day will be Monday, May 1st so please introduce yourself to her when you get a chance!

Hi, My name is Hope and I am a passionate and fun-loving psychology graduate from the University of Northwestern, St. Paul. I am newly married and love spending time with her family, friends, and husband. I am excited to be joining the Horizons team and look forward to meeting everyone!

I am also excited to invite everyone to join us on Thursday, May 11th for the "Make it OK" presentation by Shannon Bailey from 1:00-2:00pm. Shannon is a licensed social worker who has served Dakota County families and children for thirty years. In addition, Shannon is a trainer for Make it OK and other programs for the Minnesota chapter of the National Alliance on Mental Illness (NAMI-MN). We are very excited to have Shannon join us at our CSP in May for MENTAL HEALTH MONTH!