

Minnesota Mental Health Clinics Horizons Community Support Program

Nothing great has been accomplished without Passion

September 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

Amy Nelson: (651) 365-8233
 Gary Johnson: (651) 365-8234
 Kayla Williams: (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		-	

Dates To Remember:

Labor day party on 9/1



Twins Game on 9/13

The Arboretum on 9/5



The drop-in will be closed September 2nd and 4th for Labor day!

Drop-In Hours

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

Amy's Article



Hi I'm Amy and I will be joining the Horizons CSP staff in September. I'm a Northwestern graduate with a Bachelor's degree in psychology. I've been working with at-risk youth for over two years now, but I'm looking forward to working with adults now. I'm especially looking forward to the creative outlet at Horizons, as I am a fan of crafts and projects. I met my husband at Northwestern, and we've been married for almost 15 months now. We love our church in Woodbury, and we've become very involved with our friends there. I'm looking forward to becoming a part of the Horizons family! too.

Kayla's Kingdom



Happy September everyone! Fall is here and the staff is so excited about the coming season! Pumpkin candles, fuzzy sweaters, and apple pie, oh my! Don't forget to stop by the drop in on September 1st for our annual Labor Day party! We will have yummy food and lots of friends here to celebrate the holiday. Come enjoy the outdoors with us while we visit the arboretum, pick apples at an orchard, and check out the Fall Colors Tour this month!



Brittany's Bulletin

Hey all! As many of you know I will be completing my transition over to the case management team this month. While I will miss each and every one of you, I am also very excited to keep working with Horizons and expand in my career! I have learned so much and am extremely grateful for the time I have had at the drop in. Thank you for allowing me to get to know you, I have built irreplaceable relationships and had countless laughs. Don't you worry though, I will still be around to stop by and see you!

Hope's Hangout



Happy September Everyone! As fall approaches, there is no better time to finish up your summer bucket list than over the long Labor Day weekend! Since the drop-in will not be open September 2nd-4th, I have compiled a list of fun, free or low cost activities for you to try out. Don't forget to drink plenty of water and use sunscreen!

Applewood Orchard and Corn Maze, 22702 Hamburg Ave, Lakeville MN 55044, Free admission

Lakeville Farmer's Market, 20965 Holyoke Avenue Lakeville, MN, September 2 @ 9:00 am - 1:00 pm

Take a stroll through the Caponi Art Park or go hiking at Lebanon Hills, free

Window shop at the Eagan Outlet Mall 3965 Eagan Outlets Parkway, Eagan, MN 55122

Make some homemade popsicles or lemonade

Pack a cold lunch and have a picnic outside

Head to your local library and find a new book, magazine, or movie

Act like a tourist in your own town by visiting all the sites and pretend you've never been there

See how many random acts of kindness you can do in one day



Angela's Announcements

Thank you to everyone for your patience through our staff transition! We are excited to welcome Amy to the team in September and look forward to a fun fall! We know that change is hard but please remember that "Change can offer the opportunity for growth"!

Please join us for our Labor Day picnic on Friday, September 1st and don't forget that we are closed on Saturday, September 2nd and Monday, September 4th for Labor Day. Hope you have a safe and Happy Labor Day Weekend!