

Horizons Community Support Program

"Don't judge each day by the harvest you reap, but by the seeds you plant"

October 2018

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 we do not allow members behind staff desk area.
- Please remember to pick up after yourselves; in the vans as well as in the Drop-In.

Your Drop-In Counselors

Mike Kerstetter: (Intake Coordinator) (651) 365-8233

Gary Johnson: (651) 365-8234

Dylann Paul: (651) 365-8229

Member Phone:

(651) 365-8244

Amber Schupp, Director of Programs:

(P): (651) 395-5783

(F): (651) 365-8284



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Care/ Healthy Living @ 11:30 am	-Walking @ 11:30 am	-Pride/ Writing Group @ 12:30 pm	- Women's @ 12:30 pm	- Yoga @11:30 am	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	- Art @ 1pm	Meditation/ Music @ 1:30 pm	- Men's @ 1:30 pm	- Literature @12:30 pm	
		- Cooking @ 4pm			

Dates to Remember

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| 10/2/18: Minnesota Zoo | 10/18/18: Mall of America |
| 10/6/18: Picnic @ Lebanon Park | 10/20/18: Outdoor Mini-Golf |
| 10/11/18: Afton Apple Orchard | 10/25/18: Cookie Baking |
| 10/13/18: Stone Arch Bridge | 10/30/18: Halloween Party |

Drop-In Hours

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



Dylann's Domain

Fall is just around the corner! Where in the world did our summer go? In celebration (and mourning) of making through another summer, we have some extra fun activities planned for the month. Wednesday October 17, we will be having our annual bonfire here at the drop-in. We will be roasting hot dogs and marshmallows, so you will not want to miss that. In addition, this month is Halloween! Make sure you join us on October 30th for our annual Halloween party! I hope everyone has a great October and starts preparing for the cold weather that is unfortunately ahead of us!

Mike's Message



We are into fall already! As the summer season winds down and the cold weather begins approaching, I think this would be a great opportunity to remind everyone to dress appropriately for the weather. We will still continue to participate activities that are outdoors this month, such as talking trips to the Stone Arch Bridge, Afton Apple Orchard, and Outdoor Mini Golf. Make sure to wear appropriately clothing, such as hats, gloves, and jackets. Before we know it, the brutal cold will be here, so let's be prepared for the winter by being prepared for the fall weather. Let's make October 2018 a good one!

Carley's Corner



Hello everyone! My name is Carley Berchem, and I am the new drop-in counselor here at Horizons. I am very much looking forward to acquainting myself with everyone here, developing relationships, and getting to be a part of everyone's lives!