

Horizons Community Support Program

"Give thanks for a little and you will find a lot."

November 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

Carley Berchem:(651)365-8791

Member Phone:

(651) 365-8244

Amber Schupp, Director of Programs:

(P): (651) 395-5783

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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	- Conflict Resolution @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		- Holiday Blues @ 1:30	

Dates to Remember

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| 11/1 :Feed My Starving Children | 11/17: Pizza and Games |
| 11/3: Science Museum of MN | 11/20: Thanksgiving Meal |
| 11/6: Election Day | 11/27: Movies |
| 11/10: Mpls Institute of Arts | 11/29: Bowling |

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 drawing to a close, and winter is coming soon. With this change of seasons, there is a few new, seasonal groups that will be coming back. One new group is conflict resolution, where you can be informed of some better alternatives or ways of handling any conflict that may come up with your friends and family members. That class will be taking the place of the yoga class on Fridays. The other class that will be starting in November is Holiday Blues. Winter can be a fun and pretty time of year, but it can also be a tough time. Holiday Blues can help give you tools to navigate the changing seasons and the emotions involved with it. This class will also be on Friday in the afternoon.

Mike's Message



Thanksgiving is a great opportunity to stop and reflect on the things in our lives we can be thankful for. However, sometimes in the midst of our hurts, it is difficult to find those things we can be thankful for. Our hope here at the Drop-In is that through our activities and through the friendships made here, we can all find areas in our lives we can be thankful for. Please come join us for our Thanksgiving meal, November 20th, in celebration of the people, resources, and other things in our lives we can be thankful for!

Carley's Corner

Fall is coming to a close and winter is fast approaching! Since November is the month to give thanks, I want to express my gratitude to everyone for welcoming me into the drop-in with open arms! This month, lets all try to take this sense of gratitude and apply it to all the different aspects of our lives. A perfect time to practice this is on November 13th, during Friendship Club, and November 25th, during Coffee with Friends. Letting our friends and loved ones know we appreciate them is an important part of being thankful. Lets all have a great month and enjoy the last of this autumn weather!

