

Minnesota Mental Health Clinics Horizons Community Support Program

For it is in giving that we receive.

December 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, 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

Dylann Paul: (Intake Coordinator)
(651) 365-8229

Carley Berchem: (651) 365-8791

Gary Johnson: (651) 365-8234

Member Phone:

(651) 365-8244:

Team Leads:

Mike Kerstetter: (651) 395-5782

Hope Robertson: (651) 395-5767

Director of Programs:

Amber Schupp: (P): (651) 395-5783

(F): (651) 365-8284



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Car/ Healthy Living @ 11:30 am	-Art @ 1 pm	-Relationships/ Writing @ 12:30 pm	-Walking @ 11:30 am	-Conflict Resolution @ 11:30 am	TBD
-Illness Man- agement & Recovery/ Employment @ 1:30 pm	-Men's @ 1:30 pm	Meditation @ 1:30 pm	-Women's @ 12:30 pm	-Literature @ 12:30 pm	
		-Cooking @ 4 pm		-Holiday Blues @ 1:30 pm	

Dates To Remember:

**Christmas Movie and Hot
Cocoa:**

12/4

Holiday Shopping:

12/13



Friendship Club:

12/18

CSP's Holiday Party:

12/20

Drop-In Hours

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

Dylann's Domain



Winter is finally here!! There will be more festive art group projects that will be doing so we can decorate the center or so you can decorate your homes with some festive cheer! Holiday blues group is in full swing as well, with more topics and support for the several upcoming months. There is a holiday party on the 20th so get ready for some festive activities!

Garley's Corner



Hello All! Winter is officially here! As the snow is falling and the wind is blowing this month, here at the drop-in we have plenty activities that will keep you warm and toasty. Snuggle up with a blanket and a hot drink on December 4 and take in a Christmas movie that will fill you with cheer. Also, make sure to bring your sweet tooth on December 11, when we do some holiday baking. I look forward to spending this holiday season with you all! Happy Holidays!

Mike's Message



As many of you are already aware, I am transitioning into my new role as a case manager. While I will be in this new position, myself and Hope Robertson, as many of you know used to work as a Drop-In Counselor, will also now be the new team leads of the Drop-In. We are both excited to be in this position and continue working with all of you. We are hoping all of you have a Merry Christmas and we hope you start or continue to keep attending the Drop-In regularly. Have a great Holiday season and stay warm!

Happy Holidays

A decorative flourish consisting of a green vine with holly leaves and a red berry, positioned below the 'Happy Holidays' text.