

Minnesota Mental Health Clinics Horizons Community Support Program

"Your present circumstances don't determine where you can go. They merely determine where you start."

January 2018

Happy
New Year

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

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

Carley Berchem: (651) 395-5791

Gary Johnson: (651) 365-8234

Member Phone:

(651) 454-0114

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

Horizons would love to welcome all new members to the Drop-In! We are SO happy to have you here!

GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Care/ Healthy Living @ 11:30 am	-Art @ 1 pm -Men's Group @ 1:30 pm	-Relationship/ Writing @ 12:30 pm Meditation @ 1:30 pm -Cooking @ 4 pm	-Walking @ 11:30 am -Women's @ 12:30 pm	-Conflict Resolution @ 11:30 am -Literature @ 12:30 pm -Holiday Blues @ 1:30	TBD

Dates To Remember:

Closed on New
Years Day

New Years
Party : 1/3



Snowman
Building: 1/8

CSP Spa
Day: 1/24

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

The holidays are just about over, and a new year with a fresh start is about to begin. Winter solstice has passed as well, so the days will be getting longer by 1 minute every day! Holiday blues will still continue over the rest of the winter months to help with the lack of light during the days.



Garley's Corner

So long 2018 and hello 2019! As the new year rolls around lets take this time to think about the beauty that new beginnings can bring. This month especially, is a great time to focus on bettering ourselves as individuals and take on goals that help us grow and improve! This month we have several activities that can aid in self-improvement! On the 22nd we will be having a Spa Day at the CSP where you can take the time to pamper yourself. We also have snowman building on the 8th, which is the perfect way to get outside and enjoy this snowy weather. I look forward to this upcoming year and I'm excited to see how you all take on the new experiences that this year brings.

Mike's Message

The new year offers an opportunity for all of us to reflect back on 2018. For some of us, 2018 was filled with great memories and accomplishing of goals. For those who attend the Drop-In who fall in this category, we celebrate with you and hope you continue to create lasting memories and continue to set and accomplish your goals. For others however, 2018 may have proven to be a very difficult year filled with disappointments. Those who fall in this category, we as a staff are here for you and hope 2019 offers a new opportunity to accomplish goals and create lasting friendships. No matter where we find ourselves, our hope as staff is for the Drop-In to be a place where we can celebrate with those who are celebrating and comfort those who are disappointed. We as a staff are thankful for each person who attends the Drop-In, and we hope 2019 is a great year for everyone.

