

Minnesota Mental Health Clinics
Horizons Community Support Program

“Try to be a rainbow in someone else’s cloud” -Maya Angelou

February 2019



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- 5791

Carley Berchem: (651) 395-5791

Joseph Glerum: (651) 365-8244

Gary Johnson: (651) 365-8234

Member Phone:

(651) 365-8244

Director of Programs:

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

(F): 651-365-8284



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Care/ Healthy Living @ 11:30 am	-Art @ 1 pm	-Relationship/ Writing Group @ 12:30 pm	-Walking @ 11:30 pm	-Conflict Resolution @ 11:30 am	TBD
-Illness Man- agement & Recovery/ Employment @ 1:30 pm	-Men’s Group @ 1:30	Meditation @ 1:30 pm -Cooking @ 4 pm	-Women’s Group @ 12:30 pm	-Literature @ 12:30 pm -Mood Management @ 1:30	

Drop-In Hours

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

Dates To Remember:

**Winter Carnival
Treasure Hunt (2/5)**

**Friendship Club
(2/7)**



**Valentines Day Party
(2/14)**

**Landmark Center
Tour (2/28)**

Dylann's Domain



The holidays are over now but the weather is still cold and dark. Holiday Blues group has been replaced with Mood Management group. Mood Management will still meet at the same time as Holidays Blues did. Mood Management will discuss topics and ideas on how to cope with the winter season, and how to lighten your mood and energy and provide further support during the winter months. Much of the topics that are discussed in Mood Management have been included and worked into Holiday Blues, so the group isn't that much different. We are already halfway through winter!

Carley's Corner

Happy February everyone! We are already into the second month of 2019 and time is really flying! To many this month is the time to celebrate love. Whether you have a romantic partner or not, showing those close to you that you care about them is what Valentine's Day is all about. Here at the Drop-In, it is our goal to make you all feel valuable and cared about. This month we will be celebrating the relationships that have been created here. On the 14th, we will be spreading the love during our member Valentines Party. Feel free to join the party and enjoy snacks, games, and good company. I hope to see you all here!

Joe's Junction

"Hey everyone! It's good to be here. If you haven't met me yet, my name is Joe. I also answer to Joe or Banjo. This month I'll just use this to tell you a little bit about myself. I grew up as the oldest of 10 kids (all biological), so I ended up spending a lot of my childhood at my grandparents farm or just outdoors in general. To this day I still love hunting, fishing, and camping. One of my favorite things to do is sit around a blazing bonfire with friends playing my banjo, guitar, or harmonica. When I'm indoors I play a lot of board game and video games, or I'll cozy up on the couch to read a good book or research whatever period of history currently has my interest. I'm really looking forward to meeting and getting to know you all! Stay warm and I'll see ya around!"