

Minnesota Mental Health Clinics  
**Horizons Community Support Program**

*"It doesn't matter how slowly you go as long as you do not stop."*

**March 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

**Gary Johnson:** (651) 365-8234

**Joseph Glerum:** (651) 365-8244

**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
-Literature @ 11:30 am	-Art Group @ 1 pm	-Relationship/ Writing Group @ 12:30 pm	-Walking Group @ 11:30 am	-Conflict Resolution @ 11:30 am	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	-Men's Group @ 1:30 pm	Meditation @ 1:30 pm -Cooking @ 4 pm	-Women's Group @ 12:30 pm	-Self Care/Healthy Living @ 12:30 pm -Mood Management @ 1:30 pm	

**Drop-In Hours**

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

**Dates To Remember:**

**3/5 Science Museum Omni Theater**



**3/14 Day on the Hill @ 10:30am**

**3/7 CSP Pizza**

**3/15 St. Patrick's**

## *Dylann's Domain*

This has been some weather last month!! Hopefully all the snow will be done falling and we can start looking forward to some green grass and flowers blooming! With March coming there will be the St. Patty's day party so don't forget to wear green! This month's art projects will be centered around decorating the drop in to make it more festive and welcoming. We will also be doing some new, interesting art projects like tie dye shirts! Mood management has been getting good attendance and feedback so it will continue on as a group as long as people are interested in it!



## **Carley's Cor-**

**March has arrived and that means we are one step closer to spring! If you are like me you are over the cold, wet snow and are ready for the sunshine. While we may not be out of the storm yet, we are nearing the home stretch, so hold tight! This month we have a lot of fun activities that will keep your mind off the gloomy outdoors. We have a CSP pizza party on the 7th and a St. Patrick's Day Party on the 15th. These are the perfect activities to keep your bellies full and your hearts warm! While I know its hard to stay positive when the weather outside is chilly and grey, try to keep your thoughts optimistic and know that this gloominess won't last forever. Spring is near!**

## **Joe's Junction**

Happy March guys!

It's really been a chilly one, but we're all so thankful for sticking through it with us! Honestly, it's been so cold, politicians have been keeping their hands in their own pockets! Thankfully we only have a few more weeks until the weather (hopefully) warms up for good. But until then, all of us at the Drop-In have been working hard to make sure you all have plenty of indoors things to do. One of the things we're doing to improve is add and change some of our current groups. Beginning March 1st Self-Esteem Building will be rotating with meditation group on Wednesdays and a Diversity Group will be replacing Mood Management. Let us know what you think and we'll hopefully see you there! Stay Warm!