

# Minnesota Mental Health Clinics Horizons Community Support Program

*"Life doesn't have to be perfect to be wonderful."*

**April 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) 365-8229

**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) 365-8255

**(F):** (651) 365-8284



## GROUPS!

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

## Dates To Remember:

**4/4 Minnesota Zoo**

**4/2: Eagan Outlet Mall**

**4/16: Friendship Club**

**4/18: Easter Egg Dying**

**4/23: Movies (\$2)**

**4/25: Thrifty Thursday**



## 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 snow and cold is finally gone and spring is finally here! With the snow just about gone and warmer days coming up we will be able to do more activities outside for Saturdays and can begin to start holding groups outside! To welcome spring there will be more festive art projects that we will be starting and will decorate the center with them to liven the place up. With the warmer weather and more sunny days, we will be gearing up for some more hiking trips, fishing trips, and my personal favorite: farmers markets!

## *Garley's Corner*

Spring is finally here! This winter has definitely been a long and grueling one but we survived! Now that the sun is shining and the snow is melting we will try our best to do more activities outside. Walking group will now be held outdoors, unless some snow decides to surprise us (fingers crossed that it doesn't)! This month we are observing the holiday Earth Day. We should be taking care of our planet every day but this month is the perfect time to try and grow your green thumb. Some helpful tips for being more eco friendly are:

- Cut down on your paper and plastic use (reusable cloth bags are a great option)
- If you do use paper or plastic items, make sure to recycle them when you are done!
- Choose CFL lightbulbs (they last longer, shine brighter, and use less electricity!)
- Open your window for natural lighting (soak in that Vitamin D) and turn off your bulbs when you're not using them!
- If you have a garden, grow your own fruits and vegetables!

Lets all try and do one of these things this April. Mother Earth will thank us!

## **Joe's Junction**

Spring is here, and hopefully to stay! As we all shake off the gloom and heavy winter clothing, make sure to cure your cabin fever by getting outside and enjoying that warm spring air. Spring is a great time to focus on taking care of ourselves, and one of the easiest ways to do that is through exercise and diet. Try to get outside or be active for at least 15 minutes each day, and focus on drinking less carbonated drinks. A fun way to eat healthy is to try out some Mediterranean dishes and restaurants, as the healthy meats, grains, veggies really go well with spring weather. Have a great April guys!

*Spring*  
*has Sprung!*