

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

*"Every moment is a fresh beginning" -T.S. Elliot*

**May 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 we do not allow members behind staff desk 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  
**Joseph Glerum:** (651) 365-8244  
**Gary Johnson:** (651) 365-8234

**Member Phone:**

(651) 365-8244

**Amber Schupp, Director of Programs:**

(P): (651) 365-8255

(651) 365-8284

**GROUPS!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Literature @ 11:30	-Garden to Table @ 11	-Relationship/ Writing Group @ 12:30 pm	-Walking @ 12:30 pm	- Garden to Table @ 11:30	TBD
-Library @ 12:00	-Art @ 1 pm	-Women's @ 1:30 pm	-Meditation/ Self Esteem @ 1:30 pm	-Conflict Resolution @ 12 pm	
-Feeling Good Group @ 1:30	-Men's Group @ 1:30	-Cooking @ 4 pm		-Healthy Living/Self Care @ 12:30 pm	
				-Diversity @ 1:30	

**Dates To Remember:**

- 5/7 Bowling
- 5/21 Root Beer Floats
- 5/28 Garage Sales



- 5/2 Cinco De Mayo Party
- 5/16 Friendship Club
- 5/24 Memorial Day Party



**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

What a busy month April was! That month just flew by! Spring has finally begun, the trees are starting to bud, the grass is getting more green, the birds have returned and soon flowers will be starting to sprout. Speaking of plants sprouting, the Garden will be starting late this month so it's time to get those green thumbs ready! The plot will be smaller this year so it will be easier to maintain, and it will be starting in the mornings to have the best weather possible for visiting the Garden. Let's try to make this garden the most prettiest one yet!

## Carley's Corner

April (snow) showers bring May flowers! April was one crazy month, weather wise, so let's hope spring is officially here to stay this May. This month we have several new changes happening at the Drop-in. One of these changes is Gary's new group! Feeling Good Group will be replacing Illness Management and Employment Group. This group will primarily focus on the book *Feeling Good: The New Mood Therapy* written by David D. Burns, M.D. This book teaches its readers how to develop techniques that can lift your spirits and help you to develop a positive outlook on life! This month I challenge you all to give this new group a try and to open your mind to new ways of thinking!

## Joe's Junction

April showers bring May flowers, and what a rainy spring it's been! Fun fact, getting chilly or wet doesn't cause you to get sick (So sing in the rain all you want!). But there are things that make you prone to come down with a cold. For example, you're more likely to catch one if you're extremely tired, under emotional distress, or have allergies with nose and throat symptoms. So keep that in mind as we hopefully enjoy more rain and thunderstorms! May is shaping to be a busy month for many, the Drop-In included. For example, we'll be having two celebrations! The Cinco de Mayo Party is on May 2nd, and our Memorial Day Celebration is on the 24th. Make sure to find your way in, cause we'd love to see you!

