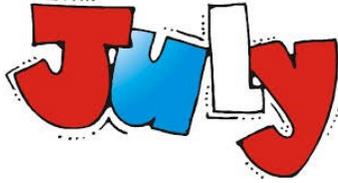


Minnesota Mental Health Clinics
Horizons Community Support Program

Everyday may not be a good day but there is good in every day

July 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 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 am -Library @ 12:00 pm -Feeling Good Group @ 1:30 pm	-Garden to Table @ 12:00 pm -Art @ 1 pm -Men's Group @ 2:30 pm	-Relationship/ Writing Group @ 12:30 pm Women's Group @ 1:30 pm -Cooking @ 4 pm	-Walking @ 11:30 am -Meditation/ Self Esteem @ 12:30 pm	-Garden to Table @ 11:00 am -Conflict Resolution @ 11:30 pm -Healthy Living/Self Care @ 12:30 -Diversity @ 1:30	TBD

Dates To Remember:

7/2: Fourth of July Party

7/23: Picnic at Schulz Lake

7/30: Dodge Nature Center



7/4: Closed

7/11: Garage Sales

7/25: Fishing

Drop-In Hours

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

Dylann's Domain

Summer and sunshine is here! With the warm weather and less rainy days, we can start having more groups outside, including art group! We can sit on the picnic table and even bring more chairs out if needed. The garden is growing so well, the tomatoes are getting ready to be picked and get ready for some fresh snap peas, string beans and cucumbers to munch on during the day at the center. The vegetables that we gather can even be used for some cooking ideas. You guys have been doing so well at keeping up with the light weeding and watering of the garden and the plants thank you. Let's keep it up !

Carley's Corner

Happy July, folks! Summer is in full swing and I hope you are all spending time outside and enjoying that warm sunshine. This month we have several activities that are outside so we can enjoy the sun while it lasts. On July 23rd, we are heading to the beach for a picnic, so pack some sandwiches and sunscreen! We will also be fishing several times this month, so get that bate ready! One change you may notice in the new calendar is that several groups have switched days. This month Meditation and Self Esteem Building will be moved to Fridays while Healthy Living and Self Care Group are moved to Thursdays. This change will allow us to have more group room access for mediation, giving us a more private and serene experience.

Joe's Junction

Summer is here full swing! That means BBQ, sunshine, thunderstorms and trying to balance the AC so it's not too hot or too cold! So, what's one of the first things you think of when July comes to mind? For me, it's celebrating Independence Day the 4th! The Drop-In will be closed that Thursday, but we're super excited to celebrate our Annual 4th of July Party with you all on Tuesday, July 2nd. We're going to fire up the grill, play games, and overall enjoy good times with better people. Hope to see you there!

