

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

*“Difficult roads often lead to beautiful destinations.”*

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

**8/6-Dakota County Fair (\$2)**

**8/13-Movies (\$2)**

**8/20-Minnesota History Center (\$2)**



**8/1-Thrifty Thursday**

**8/15-Garage Sales**

**8/22-Fishing**

**8/29-Como Zoo**

## *Dylann's Domain*

July flew by, but the summer isn't over yet!! There is still plenty of days of warmth and sunshine to be enjoyed! The garden is growing so well, there has already been a few tomatoes and green beans that have been picked. Each week there are new vegetables that have grown that are waiting to be picked and eaten. You guys have been doing so well taking care of the garden! There will be enough cucumbers to make some pickles if you guys are interesting in making pickles, it could maybe be incorporated into an art group! So keep up the good work and get ready to start being able to pick and eat what has been growing!

## **Carley's Corner**

Wow, summer went by fast! I hope you all have been soaking up the sun and getting outside to enjoy this last little bit of warmth. This month we have several fun activities that will wrap up this last month of summer. On August 6th, we will be heading to the Dakota County Fair. While you are there make sure to stop at the NAMI booth to support the organization and say hello to Gary! On August 17th, we will be going to the St. Paul Food Truck Festival, where you can be adventurous and try some new foods. While the end of summer can be a little bitter-sweet, we have so many fun things to look forward to in the upcoming months. Lets bring on fall!

## **Joe's Junction**

Happy August everyone! Summer is finally coming to a close, but we want to make sure we enjoy it as long and as much as possible. Make sure to take some time to get out and enjoy the Minnesota lakes and trails we're so proud of! By the way, what's another thing that we enjoy in August that Minnesotan's are proud of? Our State Fair, that's what! The Drop-In will be going to the State Fair at some point, however we don't have a date at this time. However, you'll know as soon as we do, so make sure to keep in touch and sign up when you can!



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