

Minnesota Mental Health Clinics
Horizons Community Support Program

"It's not how you start, it's how you finish"

September 2019

**Hello,
September!**

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

Carley Berchem (Intake Coordinator): (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 @ 12:00	-Relationship/ Writing @ 12:30	-Walking @ 11:30	-Diversity @ 11:30 am	TBD
-Library @ 12:00	-Women's Group @ 1:00	-Art @ 1:30 pm	-Self Care/ Healthy Living @ 12:30 pm	-Conflict Resolution @ 12:30 pm	
-Healthy Minds Group @ 1:30 pm	-Men's Group @ 2:30 pm	-Cooking @ 4 pm		-Self Esteem/ Meditation @ 1:30	

Drop-In Hours

Monday	10-4
Tuesday	10-4
Wednesday	10-6
Thursday	10-4
Friday	10-4
Saturday	TBD
Sunday	Closed

Dates To Remember:

9/3-Labor Day Grill Out

9/10- Movies (\$2)

9/17- Arboretum



9/5- Garage Sales

9/11-Twins Game

9/26-Fall Color Drive

Carley's Corner

Welcome to fall everyone! While it is sad to say “see ya later” to summer, fall brings with it a lot of new and fun activities (hello football season!). This month we have a lot of exciting activities on the schedule, as well as a couple of changes. One change you may notice is that several groups have changed either days or times. Women’s group will now be moved to Tuesday’s. This will allow us to have Men’s Group and Woman’s Group on the same day, so we no longer have to intermingle the sexes for these particular groups. Art group, in turn, will be moved to Wednesday’s. Another change you may notice is that Gary has a new group on Monday called “Healthy Minds Group”. This group will focus on specific videos created to improve mental health. One exciting event that we have going on the month is the NAMI Walk on the 28th! Come support Gary and the whole Kaleidoscope team by showing up for the walk or even making a donation! Let’s make this September a great one and I hope to see you all wearing purple and gold. Skol Vikings!

Pualani's Post

Hello Everyone! My name is Pualani Lansing and I am your new Drop- In Counselor replacing Dylann. I understand that my name may be difficult to pronounce, but if you find yourself struggling, I will also respond to Pua or Lani. My peers in high school used to also call me “bunny”, which I will also respond to! I’m just your average island girl from Guam and Hawaii! I love the beach and warm weather, so seeing summer come and go is a real bummer! This past December, 2018, I graduated from the University of Guam with my Bachelors of Arts in Psychology and a minor in Sociology. I can’t say no to pastries and I can eat my weights worth in Salmon! I hope my time here is as sweet and goes as swimmingly as possible!

Joe's Junction

“We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost.” ~Henry Rollins

And so we begin our decent into fall – My favorite time of year! Things are starting to cool down, the trees will start changing colors, and orchards and farm fields will start filling our tables and bellies with fresh, local food. Speaking of food, we’re going to be celebrating Labor Day with a Grill Out Party on Tuesday, September 3rd! Come on down and we can’t wait to see you there!

