

Minnesota Mental Health Clinics Horizons Community Support Program

“Christmas is a season not only of rejoicing, but of reflection.”

December 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:

Pualani Lansing: (651) 365 - 8284
Joseph Glerum: (651) 365 - 8239
Gary Johnson: (651) 365-8234
Member Phone: (651) 365-8244

Team Leads:

Carley Berchem: (651) 395-5791
Hope Robertson: (651) 395-5767

Director of Programs:

Amber Schupp: (P): (651) 395-5783
 (F): (651) 365-8284



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Literature @ 11:30 - Library @ 12 - Healthy Minds @ 1:30	- Women's Group @ 1 pm - Men's Group @ 2:30 pm	- Relationships/ Writing @ 12:30 pm - Art @ 1:30 pm -Cooking @ 4 pm	- Walking @ 11:30 am - Self Care/ Healthy Living @ 12:30 pm	- Diversity @ 11:30 am - Conflict Resolution @ 12:30 pm - Holiday Blues / Meditation @ 1:30 pm	TBD

Dates To Remember:

Christmas Movie and Hot Cocoa:
12/10
Holiday Shopping:
12/17



Friendship Club:
12/26
CSP's Holiday Party:
12/23

Drop-In Hours

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

Joe's Junction

"Get out all your "Bah Humbugs", "Good Griefs", and Grinchy thoughts out now, because we are roaring into the Christmas season like a Manheim Steamroller! Here in the Drop-In we're all super excited to celebrate this season with you! Our Saturday events will be highlighting a lot of the fantastical and fun things to do in the Twin Cities during the Most Wonderful Time of the Year, and I'm most looking forward to looking at a few of the amazing local Christmas Light displays!



Pualani's Post

Seasons Greetings! Winter is officially here! As the snow is falling and the wind is blowing this month, here at the drop-in we have plenty of activities that will keep you warm, toasty, and completely in the holiday spirit! We're making breakfast for dinner on December 4 so come in with an empty stomach and let us fill you up! Bring in your gifts for your most cherished friends on December 18th! We will provide wrapping paper and ribbon to make even the most basic gifts look superb and bake cookies while we do it! No matter what you celebrate this December, I hope your heart becomes full with the warm blessings and cherished moments to come.

Happy Holidays

A decorative flourish consisting of a green vine with holly leaves and a red berry, positioned below the "Happy Holidays" text.