

Minnesota Mental Health Clinics
Horizons Community Support Program

“Do something today that your future self will thank you for.”

January 2020

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.

Staff Information:

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 @ 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:

Closed on New Years Day

New Years Party : 1/2



Snowman Building: 1/14

CSP Spa Day: 1/11



Drop-In Hours

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

Pualani's Post

Happy New Year! In Guam, it's tradition to have seven round fruits on your dining room table to symbolize a "fruitful" life! With the new year, comes an opportunity to start fresh and kick those nasty habits!

Cut back on your pop drinking.

Eat more veggies.

Get a healthy amount of sleep.

This is not only an opportune time to reflect on our past year, even past decade, but to make so many more wonderful memories! Join us for Hamburger

Steak and Baked Potatoes on 1/15. We keep the giving season going with Feed My Starving Children 01/04, and bring your gloves and hat because well be making Snowmen outside in the snow on 1/14! May this year bring many joyous memories and new experiences for you all!



Joe's Junction

Happy New Year! 2019 has come and gone all too quickly, and January marks a full year of my working with and for all you wonderful people! For some people it was a rough year, but here at Horizons we want to help get 2020 off to a great start! For example, we've done our best to plan as many client-favorite events and activities as possible this month, like Thrifty Thursday (1/9), Movies (1/16), Bowling (1/21), and even Snowman Building (1/14)! On top of that, Wednesday cooking groups are going to feature particularly scrumptious, hot meals that're going to be perfect for cold winter nights, with one exception – we're gonna close out the month on the 29th with a Drop-In Game Night! Please feel free to drop by, enjoy yourself, and have a Happy New Year!

