

Minnesota Mental Health Clinics
Horizons Community Support Program

"Try to be a rainbow in someone else's cloud" -Maya Angelou

February 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

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:

**Weisman Art
Museum (2/4)**

**Friendship Club
(2/27)**



**Valentines Day Party
(2/14)**

**Eagan Civic Center
(2/18)**

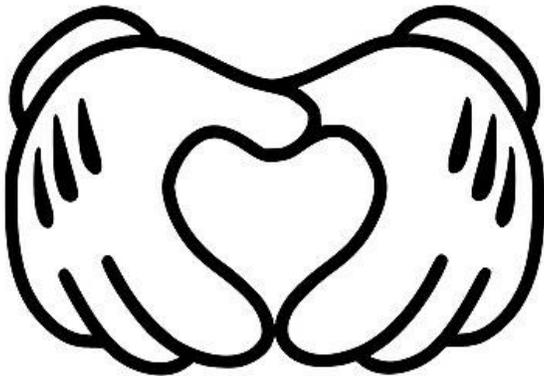
Pualani's Post

How is Valentine's Day celebrated around the world?

- In parts of Europe, lovers give each other St Valentine's keys as romantic gestures and an invitation to unlock the giver's heart.
- In Finland, Valentine's Day is called Ystävänpäivä, which means Friend's Day and focuses on remembering friends.
- However, in Mexico, February 14 is a day of national mourning. In countries like Pakistan, Malaysia and Saudi Arabia celebrating the day can result in severe punishment and is seen by conservative Muslims as un-Islamic.
- In Brazil, Valentine's day isn't celebrated in February because it usually falls on or around Brazil Carnival. Instead, Brazil celebrates 'Dia dos Namorados' on June 12.
- Brazil's celebration honors Saint Anthony - the patron saint of matchmaking and marriages



No matter how you celebrate, I hope your month is full of love and celebration!



Joe's Junction

Greetings all!! It's already February in 2020! Where does the time go? As we dive into this next month, I'm especially excited for our Valentine's Day Party on the 14th. It's important to remember,

especially if you're single or missing a loved one this Valentines, that you should always focus on loving yourself first. Doing so isn't only healthy for you, it's also something that would make those who love you happy, as well as being a very attractive trait to those around you. So please, join us on February 14th for a great party that will celebrate love in all its forms! I look forward to continue seeing old and new clients come to the drop in and getting to know all of you.