

Minnesota Mental Health Clinics

Horizons Community Support Program

"No One Can Make You Feel Inferior Without Your Consent"

March 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.

Your Drop-In Counselors

Pualani Lansing: 651-365-8229
 Joseph Glerum: 651-365-8239
 Gary Johnson: 651-365-8234
 Member Phone: 651-365-8244

Team Leads:

Hope Robertson: 651- 395-5767

Director of Programs:

Amber Schupp (T): 651-395-8255
 (F): 651-365-8284



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Library @ 12 - Healthy Minds @ 1:30	- Women's Group @ 1 pm - Men's Group @ 2:30 pm	- Cooking @ 11:30 pm - Literature@ 12:30 pm - Art Group @ 2:00 pm	- Walking @ 11:30 am - Diversity @ 12:30 pm	- Relationship@ 11:30 am - Conflict Resolution @ 12:30 pm	See Calendar

Drop-In Hours

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

Dates To Remember:

3/14 Pinewood Derby Fest

3/17 St. Patrick's Day Party



3/18 Game Night

3/31 Pool Tournament

Pualani's Post

There's no one more ready for the end of winter than this island girl. As the snow hopefully melts and the temperature rises, we have some fun happenings here at the drop in! For example, St. Patrick's Day! When you think of St. Patrick's Day, you probably think of Green Beer, shot glass necklaces that say "Kiss Me, I'm Irish", and everyone talking about how Irish they are. Here at the Drop-In, we're super excited to have a great month filled with exciting events. A lot of people are excited for the Pinewood Derby Fest on the 14th, while I'm really looking forward to showing all of you how to make Loco Moko! Whatever events you decide to attend, we can't wait to see you!



Joe's Junction

Ah, March. Much like Pualani, this born and bred Minnesotan hopes the lion of a winter we've had eases into a lamb of a spring. Speaking of spring, we should hopefully be seeing a lot more green around the drop in this month! Two green things to look out for are the St. Patrick's Day party we'll be throwing on the 17th, and the green felt of the Pool Table when we host our Pool Tournament on the 31st! There's a lot more too, so grab a calendar, give us a call, and we'll hopefully see you here!