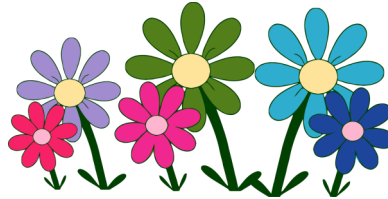


Minnesota Mental Health Clinics Horizons Community Support Program

"Today is a gift, that is why we call it the present."

August 2021



News From Horizons...

WE ARE OPEN!

We are open for in-person services, AND *we are offering zoom groups at the usual times (see below)*

COVID-19 INFO:

- Proof of vaccination is NOT required to attend the drop-in
- Masks are strongly encouraged for members who are not fully vaccinated
- Masks are REQUIRED during van transportation

Transportation:

If you would like to sign up for the lottery, you MUST CALL 24 hours in advance

Be available for a confirmation call the morning of your desired ride day
Please be ready 5 minutes BEFORE your given pick up time for transportation.

As always:

This is a friendly and safe environment for EVERYONE! Please be respectful of others and treat them as you want to be treated.

Your Drop-In Counselors

Amy Cartony (651) 365-8279

Jessica Tadesse (651) 365-8239

Gary Johnson (651) 365-8234

Director of Programs:

Amber Schupp

651-365-8255



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Healthy Living @1:00pm	--Relationship @1:00pm	-Self Care @1:00pm	-Crafts @ 1:15pm	-Diversity @1:00pm	TBD
-Healthy minds @1:45pm	-Men's & Women's Group @ 1:45 pm	-Meal Prep @1:45pm	-Exercise group @ 1:45pm	-Inspirational Individuals @1:45pm	
Meeting ID: 847 4068 4916	Meeting ID: 847 4068 4916	Meeting ID: 847 4068 4916	Meeting ID: 847 4068 4916	Meeting ID: 847 4068 4916	
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Dates To Remember:

August 2nd All Member Meeting

August 3rd Cookout

August 9th-15th Dakota County Fair

August 19th Cookout

August 26th-September 6th State Fair

September 2nd Labor Day BBQ



Drop-In Hours (online/phone)

Monday	10-4
Tuesday	10-4
Wednesday	10-4
Thursday	10-4
Friday	10-4
Saturday	9-2
Sunday	Closed

Amy's Abode



Hey guys!

Whew, summer is just flying by! The drop in has lots of get-togethers planned for August- if you want to come say hi these are great opportunities for it! Remember, summer only last so long, and August is a great month to make sure you get to do all the fun activities you want to do before the weather starts to get cold again. This month is also going to be great to get to know new people, a lot has changed this month and who knows? We might have a lot to look forward to in the coming months. As always, please feel free to reach out to us if you have any questions or feedback!



It's August! We've been in person a month now and it feels amazing to see everyone! Thank you all for being so patient and kind as we adjust to our new normal. We hope the drop-in continues to be a place of comfort, fun, and learning for you! Speaking of learning, keep coming to groups! And let us know what topics you'd like to cover in the future. We're always listening :) Let's finish the summer strong with even more sunshine and even more cookouts! I'll see you there!