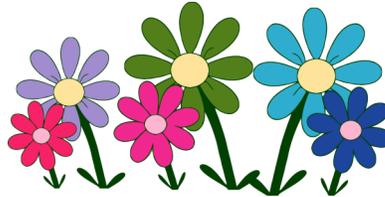


Minnesota Mental Health Clinics Horizons Community Support Program

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

July 2021



News From Horizons...

WE ARE REOPENING Tuesday, July 6th, 2021

for in-person services at the Drop-in!

Limited transportation will continue to be provided on a lottery basis.

At this time, groups will be offered in-person only. Please stay tuned for more information.

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

Drop-in Management:

Hope Robertson (651) 395-5767

Director of Programs:

Amber Schupp

Horizons would love to welcome all new members to the Drop-In! We are SO happy to have you here!

GROUPS!

Monday	Tuesday	Wednes-	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	
- Yoga @ 2:30					

Dates To Remember:

July 1st 4th of July Cookout at Drop-in

July 4th Independence Day

July 5th DROP-IN CLOSED

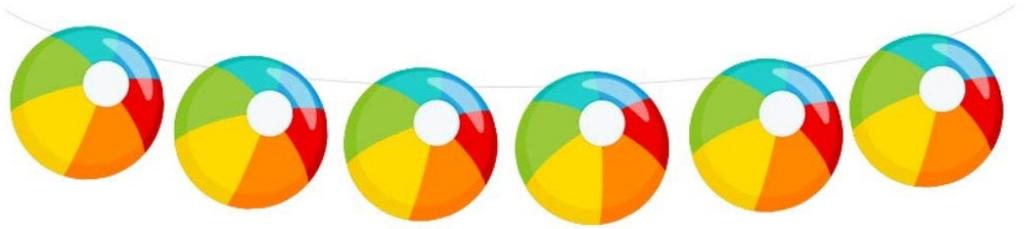
July 6th REOPENING & All Member Meeting



Drop-In Hours (online/phone)

Monday	10-4
Tuesday	10-4
Wednesday	10-6
Thursday	10-4
Friday	10-4
Saturday	9-2
Sunday	Closed

Amy's Abode



Hey guys!

I can't believe we finally get to see each other in person! It's very exciting for all of us. Along with this much needed change to having more face to face time is also having lots of other transitions. Please, keep in mind staff are learning a new normal just as much as you are. We look forward to providing you with as many opportunities as we can muster up. As always, we love to get your ideas for new and better ways to try, as well as feedback for new content for groups. Don't forget to enjoy the outdoors while it's warm outside! Summer goes by too fast every year- so seize it while you can!



How is it already July? Does time get faster as you get older? That's what I'm feeling. At any rate, I'm excited for what's to come this month at the drop-in! We're working hard to transition smoothly into our new reality! I hope everyone's summer so far has been filled with lots of outdoors time and sunshine, because we all know this balmy weather is fleeting! I've been taking evening walks and enjoying the occasional FREE concert or movie in the park. Check out your local park to see what summer fun they offer!