

Minnesota Mental Health Clinics Horizons Community Support Program

"Life is Tough, but so are you!"

September 2021



News From Horizons...

WE ARE OPEN!

We are open for in-person services, AND *we are offering zoom groups on Mondays and Tuesdays (see below)*

COVID-19 INFO:

- Proof of vaccination is NOT required to attend the drop-in
- Masks are REQUIRED indoors and when on the transportation vans.
- 3 mask reminders from staff per day if exceeded, you will kindly be asked to leave for the day
- Outdoor conversing and eating is greatly encouraged!

Transportation:

- If you would like to sign up for the lottery, you MUST CALL or tell Elysia 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.
- NEW Transportation Van Schedule:
- Only providing client rides: **Tuesday, Wednesday, and Thursday** until further notice.

Your Drop-In Counselors

Amy Cartony (651) 365-8279
Elysia Roemer (651) 365-8288
Gary Johnson (651) 365-8234
Director of Programs:
Amber Schupp

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.

GROUPS!

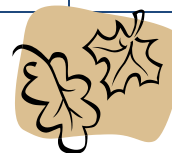
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Craft Group @1:00pm -Healthy minds @1:45pm Meeting ID: 836 5050 5784 Password: 576783	-Men's & Women's Group @ 1:45 pm Meeting ID: 836 5050 5784 Password: 576783	Cooking Group @ 12:30	-Inspirational individuals @1pm -Walking group @ 1:45pm	- Sweet Treats @ 1pm	Closed

Drop-In Hours (online/phone)

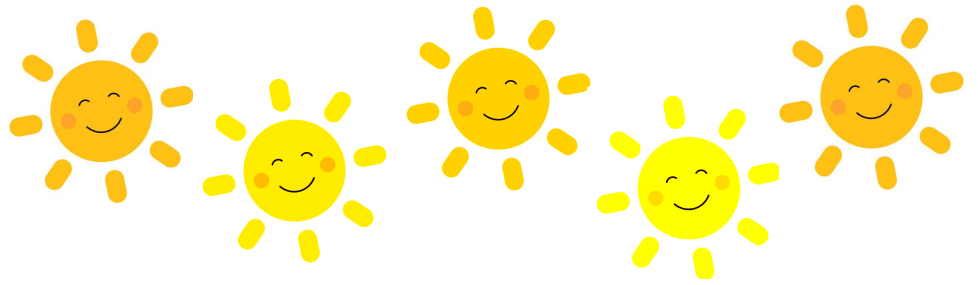
Monday	10-4
Tuesday	10-4
Wednesday	10-4
Thursday	10-4
Friday	10-4
Saturday	Closed
Sunday	Closed

Dates to Remember

- **Monday September 6th: Closed for Labor Day**
- **September 9th Cookout: Labor Day BBQ**
- **September 14th Cookout: Fall Picnic**
- **September 28th Cookout: Pizza Party**



Amy's Abode



Hello again!

We have one more month left of summer, and personally I am looking forward to some cooler weather. September is really great for trying to get outdoors especially if July and August heatwaves stopped you from enjoying some sunshine. We have some fun activities planned for September so stop in and enjoy some time with friends- and make some new ones too! We are especially glad to meet and get to know our new members. So, don't be shy, come on by!



Elysia's Abode

Hello, I'm Elysia, The newest drop in staff! I'm really glad its September and chillier days are upon us! Fall is my favorite season and hopefully we can all get outside more at the drop in and on your free time!

There is a new group that is starting this month called, Sweet Treats on Fridays at 1pm! In this group we are going to make seasonal treats among other snacks! I hope you all can make it in, it is always great to see everyone, new and returning!



Football season is also big around here for the clients, and we make a board every year to see who will win throughout the season and the person with the most correct guesses will get a prize!

