

Minnesota Mental Health Clinics
Horizons Community Support Program

“Healing Takes Time, And Asking For Help is a Courageous Step”

- Mariska Hargitay



May 2022

Important zoom information:

- * While you are in a Horizons zoom group, you must be within the state of MN, alone or only with another member of the Drop-in, and refrain from video or audio recording anything during groups.
- * We open groups 30 minutes prior to scheduled group time to give clients time to talk and socialize before group begins.
- * 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:

- * We are looking for more and better ways to interact and support you all, so if you have ideas, give us a call!
- * If you find yourself struggling to use or access zoom, please feel free to give either of us a call. The range of our ability to help will vary, but we want to do everything we can to make sure that you are able to join if you desire to do so!

Drop-In Staff

Gary Johnson (651) 365-8234

Intake Coordinator

Pualani Lansing (651) 395-5770

Director of Programs:

Amber Schupp

(P): (651) 365-8255

**ALL ARE
WELCOME
HERE**

Drop-In Hours (online/phone)

GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday
1:45 PM Healthy Minds	1:45 PM Men and Women's Group Humor Group		1:45 PM Exercise Group	11:00 AM Mindfulness and Meditation
Meeting ID: 862 3387 6018 Passcode: 472321	(Same Meeting ID and Passcode for both groups) Meeting ID: 891 5796 5201 Passcode: 934398		Meeting ID: 845 1260 3861 Passcode: 455339	Meeting ID: 810 8791 6463 Passcode: 455339

Dates To Remember:

Our Cinco De Mayo celebration will be on May 5!

Join us for our celebration at the center!

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