

Minnesota Mental Health Clinics

Horizons Community Support Program

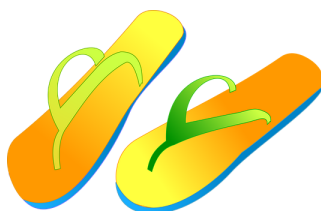
"Mental Health is not a destination, it's a process. Its not about where you're going, but how you get there"

- Noam Spancer, PhD

August 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 any 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

Philip Schmid (651) 365-8792

Sheila O'Neill (651) 365-8268

Intake Coordinator

Pualani Lansing (651) 395-5770

Director of Programs:

Amber Schupp

(P): (651) 365-8255

ALL ARE
WELCOME
HERE

GROUPS!

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

Dates To Remember:

08/03/2022: MN ZOO

08/30/2022: STATE FAIR

08/09/2022: DAKOTA COUNTY FAIR

08/17/2022: FRIENDSHIP CLUB

08/24/2022: FISHING TRIP

Drop-In Hours (In person)

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