

Minnesota Mental Health Clinics  
**Horizons Community Support Program**  
*From All Of Us At Horizons Community Support Program,*

*Have a Warm and Safe Holiday Season*

## December 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  
**Sheila O’Neill** (651) 365-8268  
**Najad Haji** (651) 365-8274  
**Melissa Flen** 651-395-5774

**Drop in Lead**

**Pualani Lansing**  
 (651) 395-5770

**Director of Programs:**

**Amber Schupp**  
 (P): (651) 365-8255



**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 / Climate Change Group  Meeting ID: 845 1260 3861 Passcode: 455339	

*Welcome to our new staff member:  
Melissa Flen!  
 We are so happy to have you*

**Drop-In Hours (In person)**

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