



Minnesota
Mental Health Clinics

Horizons Community Support Program January 2026 Newsletter



HAPPY NEW YEAR

Happy New Year!

We are excited to spend another year of community and support with all of our members.

Hope to see you soon!



A Word From Staff



Happy New Year! This month we will be resourcing from our discussion about activities we can do in the winter. Speaking of winter, did you know that polar bears' skin is actually black, and their fur is clear. The white color comes from the reflection of the sun. —Hannah

Hi! I'm Bria, I've been a case manager here for about a year and have hung out in the drop-in here and there. I'll be around on Mondays starting in January! My self care tip for this winter season is to spend as much outside as you can, even if it's a 5 minute walk outside. The more time outside, the better it is for your mental health. —Bria

Dear Horizons Family, January is time for a fresh start! My New Year's Resolution is to read more. Take the time to think about what you would like to do in the New Year and make it happen! Remember, I'm here for you! Your Peer Support Specialist — Betsy

Well, January will likely bring cold weather. Why not stop by the drop in to warm up and enjoy a cup of coffee and some hot chocolate. I be showing new videos, including a look at how to achieve wellness. See you in January. — Gary



To participate in routes you must sign up by NOON the business day before. We are not able to accommodate requests after this time. Ensure you are updating the board and communicating with staff!



If you feel ill please stay home for the safety of ALL!



Drop-In Staff

Drop In Team Lead

Anastacia Luckman 651-395-5763

Drop In Day Staff

Gary Johnson 651-365-8234

April Jopek 651-365-8204

Hannah Geere 612-286-7691

Betsy Vial 651-365-8225

Drop In Driver

Dave 651-262-1487



Drop-In Hours

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