

Minnesota Mental Health Clinics

Horizons Community Support Program

September 2025 Newsletter

Come apple picking with us!

Applewood Orchard in Lakeville, MN
Wednesday, September 17th at 11:00!

We will have the option to pick apples for a small fee, or simply join us for some fall fun!

Any questions or if you would like to join, call April or Hannah!

Seats in the van are limited, first come first serve.



Staff Thoughts



September means apple orchards and the beginning of fall! Let's keep an eye on the official Minnesota fall leaf watch so we can schedule a perfect time to go on a leaf colors picnic. Let's make this seasonal transition a great one by choosing kindness each day! — Hannah

This is my favorite time of year! We all get to slow down a little bit and set ourselves up for cooler weather and beautiful colors. Surrounded by the smell of harvest and cinnamon! We'll have some fun fall activities this month, come join us for the day or just an hour! — April

Dear Horizons Family, One thing that helps me when I'm feeling overwhelmed is mindfulness. It means just staying in the present moment, rather than being stuck in the past or worrying about the future. Only deal with what is in front of you. Try focusing on your senses. What can you see, hear, smell, touch, or taste? Mindfulness has a calming effect. Cherish it! Always here for you — Betsy

Well, September brings beautiful fall colors. In addition, the 20th annual NAMI Walk takes place on Saturday, Sept 27. You'll get a freshly grilled hot dog and enjoy a leisurely walk down the River Road. Hope to see you there. — Gary



In order to participate in routes you must sign up by NOON the business day before. We will not be able to accommodate requests after this time.

If you feel ill please stay home for the safety of our members and staff!

Important Phone Numbers

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

Sameen 651-262-1439



Drop-In Hours

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

25% of an apple's
volume is air—
*that's why
they float!*

