

Minnesota Mental Health Clinics Horizons Community Support Program

If you want to lift yourself up, lift up someone else.



August 2017

News From Horizons...

Important:

- Make sure you are signed up on the transportation board **24 HOURS** before transportation is needed!
- Please be ready 5 minutes BEFORE your given pick up time for transportation.
- 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:

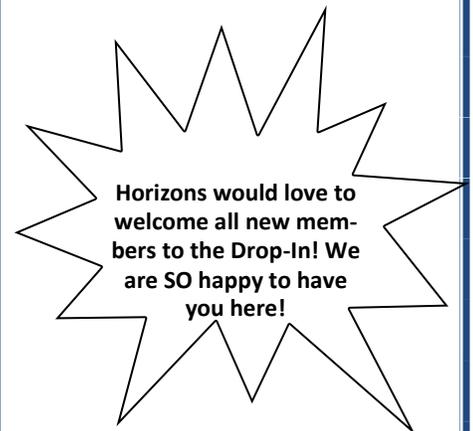
- If you are at the Drop-In for **3 hours or more**, it is mandatory to attend one activity or group per day; Monday-Friday.
- Please be respectful of staff work area. For the privacy of members and staff, be sure that you ask permission before entering staff area.
- Please remember to pick up after yourselves; in the vans as well as in the Drop-In.

Your Drop-In Counselors

Brittany McKenney: (651) 365-8233
 Gary Johnson: (651) 365-8234
 Kayla Williams: (651) 365-8235
 Hope Robertson: (651) 365-8229

Member Phone:

(651) 365-8244



GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Care @ 11 am	Garden To Table @ 11pm	-Healthy Living @ 12 pm	-Women's @ 12:30 pm	-Yoga & Garden To Table @ 11 am	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	-Walking @ 11:30 am	Communications/ Creative Writing @ 1:30 pm	-Men's @ 1:30 pm	-Relationships @ 12:30 pm	
	-Art @ 1 pm	-Cooking @ 4 pm		-	

Dates To Remember:

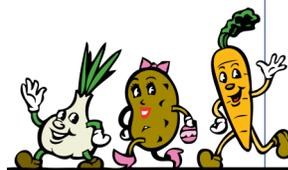
8/8- Dakota County Fair

8/17, 8/31- TWINS GAME!

8/24- Minnesota State Fair



Gardening every Tuesday and Friday!!



Drop-In Hours

Monday	10-4
Tuesday	11-4
Wednesday	10-7
Thursday	10-4
Friday	10-4
Saturday	TBD
Sunday	Closed

Brittany's Bulletin



August is here! The last days of summer are upon us and we want to take full advantage of them at the drop in! With that being said we will be doing a variety of outdoor activities, a few to mention: two twins games, the Dakota County Fair, The Minnesota State fair, Raspberry Island Regional Park, and of course a client favorite; Fishing! Lastly, I want to encourage everyone to be mindful of one another while attending the drop in. Staff will be keeping an eye out for random acts of kindness and positive topics! *"No act of kindness, no matter how small, is ever wasted."*

Hope's Hangout



Happy August, everyone! I cannot believe that summer is almost over. But don't worry! We are going to soak up every second we can with our Saturday activities in August! First, we will be heading back to the Como Zoo for some quality time with all of their fun critters. Then, we will be hanging with all the lads and lassies at the Irish Fair. There will be bagpipe music, river dancing, and, most importantly, the Irish definitely know how to cook! Next, we will get to explore St. Anthony falls which is the only natural waterfall on the upper Mississippi. And last but not least, we will be going garage sailing! So buckle-up for an adventurous August and put on a positive attitude!

Kayla's Kingdom



Hello everyone! My name is Kayla, and I recently moved to the twin cities after graduating from The Evergreen State College in Washington. I enjoy playing with my dog and spending time with my fiancée, friends, and family. Everyone has been so welcoming and I look forward to getting to know you all! August is here and it's finally time for the Minnesota State Fair! Did you know that the Minnesota State Fair has the largest attendance per day of any state fair in the country? Daily attendance averages to be about 200,000 people per day! Join us on August 24th for our group outing to the fair so you can take part in the fun!

Angela's Announcements



We are continuing our "Positivity" Campaign so please stop by and share some of your positive thoughts, quotes, ideas by writing them on our board as you walk in the drop in. See staff with questions?

"Once you replace negative thoughts with positive ones, you'll start having positive results"

Willie Nelson

Hope you all enjoy the rest of your summer!