

Minnesota Mental Health Clinics Horizons Community Support Program

Generosity: the habit of giving freely without expecting anything in return

December 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

Hope Robertson: (Intake Coordinator)
(651) 365-8229

Mike Kerstetter: (651) 365-8233

Gary Johnson: (651) 365-8234

Kayla Williams: (651) 365-8235

Member Phone:

(651) 365-8244

Angela Elwell, Executive Director:

(P): (651) 395-5783

(F): (651) 365-8284

GROUPS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Car/ Healthy Living @ 11:30 am	-Walking @ 11:30 am	-Pride Group @ 12:30 pm	-Women's @ 12:30 pm	-Yoga @ 11:30 am -Literature @ 12:30 pm	TBD
-Illness Management & Recovery/ Employment @ 1:30 pm	-Art @ 1 pm	Meditation/ Creative Writing @ 1:30 pm	-Men's @ 1:30 pm	-	
		-Cooking @ 4 pm			



Drop-In Hours

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

Dates To Remember:

Open 10-12 w/
no transportation
12/22 &
12/29

Closed 12/25



White Christmas
Musical 12/6

Holiday Lights tour 12/13

Holiday Party
12/21



Christmas isn't a season.
It's a feeling.
-Ebbe Norberg

Hope's Hangout



Happy Holidays everyone! It's officially the season for cheer and good-will for all! Since it is the holidays, we will be focusing on generosity. It is this time of year that reminds us that it is better to give than to receive. Generosity is giving without the expectation of something in return. It means setting aside entitlement and self-indulgence putting the good of others around us. **"Generosity is the most natural outward expression of an inner attitude of compassion."**

Kayla's Kingdom



Winter is here and so are our holiday activities! Join us on Wednesday, December 6th as we attend Eagan High School's production of White Christmas. There are a variety of other fun activities to keep up in the Christmas spirit, including checking out twin cities' gingerbread creations at Gingerbread wonderland on Saturday, December 12th. Last, but not least, don't forget to attend our Holiday Party on Wednesday, December 21st for good food, games, and activities throughout the day! Stay warm!

Mike's Message



Hello Everyone! My name is Michael Kerstetter, and I am the new drop-in counselor here at the Horizons. I am a recent graduate of North Central University with a Bachelors degree in Pastoral Studies. In addition, I am starting my graduate program at Liberty University for Counseling Psychology starting in the winter. In my free time, I love to play and watch sports, play music (mainly the guitar), and read books. As part of the new team, I will be leading a new music group in the drop-in center. In this group, we will take part in community events centered on music (including caroling during the holidays), listen to music together as a group, and play music together too! I am so excited to be a part of this team and I look forward to getting to know everyone!

Angela's Announcements

December is a time of reflection to look back at what we have accomplished in the past year and prepare for new goals in the new year to come. There is so much to be thankful for in 2017 and we are especially thankful for all of you! We appreciate that you have all taken the step to attend our program and for those of you who have not yet attended, we welcome you with open arms. I will leave you with my final thoughts for the year: "You are important, You are special and You Matter" !

2017

Thank you for all the lessons!

2018

We are ready for you.....