

# Minnesota Mental Health Clinics Horizons Community Support Program

*Perseverance: steadfastness in doing something despite difficulty or delay in achieving success*

## January 2018



### 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	TBD
-Illness Man- agement & Recovery/ Employment @ 1:30 pm	-Art @ 1 pm	Meditation/Music @ 1:30 pm	-Men's @ 1:30 pm	-Literature @ 12:30 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:



**Closed on  
New  
Years Day**

**Feed My Starving Children:  
1/4**



**Snowman  
Building: 1/9**

**CSP Spa Day:  
1/25**

## Megan's Moment



This Winter Season the Horizons Program will be celebrating Hygge. Hygge (pronounced "hue-gah") comes from the Danish word meaning "wellbeing" and has been adopted by generations of Nordic people as a way to not only ward off the winter blues, but to actually embrace and celebrate the gifts offered by the colder, darker season. Hygge is loosely translated as "coziness" in English, but it's actually much more than that.

Hygge is joining with loved ones in a relaxed and intimate atmosphere; building relationships through friendship. Hygge is associated with relaxation, indulgence and gratitude. Hygge is an attitude, a way of being, that can be applied to all aspects of your life, including the way you work together with each other.

## Kaysa's Kingdom



Happy New Year! This month we are doing so many exciting activities! Get excited for CSP Spa Day; we will be making our own facial masks and practicing some much needed self care. We will also be making a trip over to Eagan's Feed My Starving Children to add some volunteer work to our New Year's resolution. On January 2nd, do not forget to sign up for our trip to the Science Museum of Minnesota. Please do not forget to bring proof of Medical Assistance or other financial assistance to receive a discount on admission.

## Mike's Message



2017 has ended, and on comes 2018! I am excited to see what the new year will bring for all of you coming to the Drop In. The new theme of the month is perseverance, and in this month we will focus on how we can make our new years resolutions last not merely for a few weeks, but rather throughout the entire year. I know if you are like me, the challenge of sticking with our goals for a year can seem nearly impossible. However, with focus and determination, we can all stick together and see through to completion the goals we have made for 2018. I am excited to continue to get to know all of you who come to the drop in and can not wait to assist you in your new goals for 2018!

## 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 thought for the year: "You are important, You are special and You Matter" !