

Minnesota Mental Health Clinics
Horizons Community Support Program

Gratitude turns what we have into enough.

November 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!

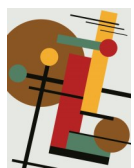
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Self Car/ Healthy Living @ 11:30 am	-Walking @ 11:30 am	-Pride Group @ 12:30 pm	-Women's @ 12:30 pm	-Yoga @ 11:30 am	TBD
-Illness Man- agement & Recovery/ Employment @ 1:30 pm	-Art @ 1 pm	Meditation/ Creative Writing @ 1:30 pm	-Men's @ 1:30 pm	-Literature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



Weisman Art
 Museum @
 11/4

Thanksgiving Meal
 @ 11/21



State Capitol
 tour @ 11/16

Bowling day @
 11/28



Hope's Hangout



Happy Almost Thanksgiving! As the air gets chillier and crisp, our hearts and minds can become warmer through community and giving thanks. This is the time of year where we are reminded that we need to be grateful for all the we are blessed with. If comparison is the thief of joy, then gratitude is the giver of joy and compassion. Gratitude take what we have and turns it into enough, the ordinary chances into the extraordinary blessings, and the routine into joy. Because of this, we will be centering on our groups around gratitude. We will be working towards forming a discipline of gratefulness because practice makes perfect and gratitude is life giving! Come with us as we strive to be more intentional with our thoughts and words. **“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”**

Kayla's Kingdom



Brr! It's cold out there! What a welcome to November in Minnesota! Join us during Self-Care Fridays as we reintroduce our Holiday Blues Group to counteract those winter woes. We are getting thrifty this month, with a few different thrifty shopping days from Five Below to Goodwill and everything in between! Mark your calendars for the 21st, as CSP will be hosting the annual catered Thanksgiving meal with a \$3.00 client contribution. See staff for more details and to sign up for the lunch. Have a fantastic Thanksgiving everyone!

Angela's Announcements

As we are changing seasons we are also changing some staff in the CSP. We are very excited to welcome Mike to the CSP on Monday, November 6th.

Please stop in and introduce yourself as Mike is looking forward to meeting all of you!

We have great things happening in the CSP over the next 2 Holiday months so please be sure to take a look at the calendar and contact staff if you have any questions.

Hope Robertson will now manage all new intakes so please contact her at (651) 365-5229 if you know someone that would like to become a member!