

Minnesota Mental Health Clinics Horizons Community Support Program

Autumn shows us how beautiful it is to let things go.

October 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: (651) 365-8229
 Amy Nelson: (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		-	

Horizons would love to welcome all new members to the Drop-In! We are SO happy to have you here!

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:



*Fall Bonfire
Party 10/11
@5pm

*Halloween
Party 10/31



*Harvest Fest
10/14

*Anoka Grand Day
Parade 10/28



Hope's Hangout



It's finally fall, ya'll! I love everything about October, from crisp, colorful leaves, to all things pumpkin, and to the way the word autumn rolls off the tongue. I'm especially excited about this fall because the staff and I are starting a new theme for each coming month. This October, we are focusing on the changing seasons of life. Every season offers a new perspective, a new chance to mature, and a new beginning. I feel October perfectly embodies this motif as F. Scott Fitzgerald so eloquently wrote, *"Life starts all over again when it gets crisp in the fall."* In fall, nature plays it's grand finale before relaxing into the calm, quiet winter in preparation for the grand opening of spring.

Amy's Article



October is here, and we are excited for the changing season! We have scheduled some fun, fall activities to celebrate this month. As part of our tradition, we will be hosting our annual bonfire on October 11th! Our Saturday's will tap into your sweet tooth; the Afton Apple Orchard and Pumpkin Patch on the 7th, Minnesota's Largest Candy Store on the 21st, and the Anoka Grand Day Parade on the 28th, which is a Halloween celebration in the Halloween Capital of the World! We will also be celebrating Halloween with a movie afternoon on October 24th, so join us on the couch with a cup of apple cider while we watch a Halloween classic. Our Halloween party will be on Halloween of course, so join us on the 31st for spooky snacks, ghoulish games, and a costume contest!! On a different note, October will also include a day for fishing, garage sales, and Thrifty Thursday is back! Check your calendars for those dates and make sure to be here throughout the month of October!

Kayla's Kingdom



Happy October everyone! Autumn is a loved season here at the CSP, and in line with our Seasons of Change theme for this month, some of our groups are evolving as well! We welcome back the LGBT group to replace Relationship Group, which will now be named CSP Pride. We welcome members of the LGBT community along with other drop in members who would like to learn about and support the LGBT community. We will also be introducing Literature Group, in which we will be reading a novel aloud every week as part of our dedication to self care and relaxation. Last, but not least, Meditation Group will be a great opportunity to do some self reflection and mindfulness practice!

Angela's Announcements



Please be sure to join us for our Fall Bonfire on Wednesday, October 11th from 5:00 to 8:00pm. We have made this an annual tradition and love embracing our beautiful MN fall weather. We will provide hot dogs, chili and s'mores for this event at no cost.

We are also excited to be starting a few new groups in the CSP, "CSP Pride Group", "Self-Care Group" and "Literature Group". Please contact staff with any questions or see our Calendar for the times and days that these groups will run.

Happy Fall everyone!