

Community Support Program (CSP/CARES)

March 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In	2	3
4	5	6 1-2:30 PM Spring Craft Project 2:30-3:30 PM Social Hour	7	8 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In	9	10
11	12	13 1-2:30 PM Peer Support Group 2:30-3:30 PM Drop-In	14	15 **9:30 AM-1:30 PM Mental Health Day on the Hill **6:15-9 PM <i>The Gifts of Imperfection</i> Book Reading	16	17
18	19 **1:30-3 PM BINGO at Monticello CMMHC	20 **1-2 PM Lunch in Community Perkins	21	22 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In	23	24
25	26	27 **1-4 PM Movie at Monticello Theater	28 3:30-5 PM Games and Popcorn	29 1-2:30 PM Peer Support Group **2:45-4 PM Birthdays and BINGO	30	31

**** AN RSVP IS REQUIRED FOR THESE EVENTS; RSVPS ARE DUE BY 4 PM THE TUESDAY BEFORE THE ACTIVITY UNLESS OTHERWISE SPECIFIED. Please call Katrina or Nikki at 763-682-7242 to sign up or if you have any questions. Calendar also available online at www.cmmhc.org**

Support Groups

Peer Support Group – Thursdays 1-2:30 PM *Note date change on 3/13/18*****

- This peer support time provides an informal atmosphere that allows you to share feelings and concerns, as well as receive feedback from others.

Social and Recreational Activities

Drop-In – Thursdays following Peer Support Group from 2:30-4 PM- Come hang out with CMMHC staff and peers and enjoy a laid back time to socialize, do crafts, play games, or whatever you'd like! *Check calendar for event dates. ****Please note event and time change on 3/13/18*****

- March 6th: 1-2:30 PM Spring Craft Project- Join staff and peers at CMMHC and make a fun Spring themed craft for you to take home. Feel free to stop in and create something different!
- March 6th: 2:30-3:30 PM Social Hour- Come hang out with staff and peers at CMMHC for Social Hour. If you would like, bring a snack to share; coffee will be served.
- March 15th: 9:30 AM-1:30 PM Mental Health Day on the Hill- Please see flyer for more details! RSVP by 3/13/18! Don't forget to bring a cold lunch for yourself! *Limited transportation available!*
- March 15th *The Gifts of Imperfection* by Dr. Brené Brown- Book Reading by Dr. Corey Martin at Buffalo High School 6:15-9 PM- In this ground breaking book, Dr. Brené Brown, a research professor and thought leader on courage and connection, shares 10 Guideposts on the Power of Wholehearted Living – a way of caring for ourselves and engaging with the world from a place of worthiness. The first 200 people in attendance will receive a free copy of *The Gifts of Imperfection*. Your attendance will also qualify you for free registration to Dr. Brené Brown's online course, *The Gifts of Imperfect Parenting*. (\$50 value). *We will be leaving CMMHC at 6:15 PM and be returning after the book reading, but no later than 9PM.* Book reading starts at 7 PM at the Buffalo High School Performing Arts Center. Feel free to meet us there!
- March 19th: 1:30-3 PM BINGO at Monticello CMMHC- Join us at the Monticello office of CMMHC, located at 407 Washington Street in Monticello, and play a few games of BINGO for prizes and have some snacks! We hope to see you there! *Rides by CMMHC staff from Buffalo to Monticello will be unavailable for this event.*
- March 20th: 1-2 PM Lunch in the Community at Perkins- Join us at Perkins in Buffalo. Grab a bite to eat, a cup of coffee, or just come socialize with staff and peers in the community. You are welcome to ride with us or meet us there. We will leave CMMHC at 12:45 PM and plan to return around 2:15 PM-seating is limited. *Clients will be responsible for any purchases.*
- March 27th: 1-4 PM Movie at Monticello Theater – The group will arrive at the Monticello Movie Theater at 1 PM and leave no later than 4 PM. You will pick a movie you would like to see that starts and ends within the time frame of 1:10-4 PM. Rides to the theater are available. We will leave CMMHC at 12:30 PM and return after everyone has finished their movie, but no later than 4:30 PM. You are also welcome to meet us there, just indicate that when you RSVP. CMMHC will post movie choices on the sign-up board as the show times become available. *Clients will be responsible for the cost of the movie ticket and any concession items. Movie ticket is \$5.*
- March 28th: 3:30-5 PM Games and Popcorn- Come socialized and play games of your choosing with staff and peers at CMMHC. Door prize will be offered for participating clients!
- March 29th: 2:45-4 PM Birthdays and BINGO- Join us in celebrating those clients who have birthdays this month and play a few rounds of BINGO for prizes!

In the event of poor weather conditions, we will still have an alternative activity. All of our events are sober events.

Community Events- March 2018

March 6th FREE UN-Bored Game Night at the Monticello Community Center from 5:30-7:30 PM- This is a **FREE** social event brought to you by the *Imagine Network!* Designed to provide opportunities for those utilizing mental health and recovery services to interact and participate with other community members who share a lived experience with a mental illness, as well as people who have mental health challenges, in a safe and empowering environment. Each event is staffed and run by Certified Peer Specialists who are always available to listen, talk, or simply answer questions. Snacks, beverages and social time starting at 5:30p, followed by games and a sweet treat! The first 10 people to arrive, that give a ride to a friend, will receive a \$10 Holiday gas card! For questions or to RSVP please call (612) 226-8573.

March 3rd Bounce Back with Buffalo Community Orchestra at the Performing Arts Center in Buffalo from 7-9:30 PM- The Buffalo Community Orchestra (BCO) is partnering with the Bounce Back Project to promote health through happiness. BCO is a nonprofit orchestra based in Buffalo, MN that offers area musicians opportunities to perform and bring live music to the surrounding community. Children 17 and under are free, Seniors- \$10, Adults- \$12. Tickets are available at the front door or online at www.eventbrite.com.

March 10th Autism Allies of Wright County Event - Bowling at Huikko's in Buffalo 11AM- 1 PM- \$5/Person or \$20/Family

March 10th Monticello Indoor Farmer's Market from 9 AM-1 PM- Support your local growers and producers inside the Community Center. Canned goods, baked goods, eggs, frozen poultry & beef, hand crafted items and more! For more information, contact Sara Cahill at 763-271-7124.

March 15th The Gifts of Imperfection by Dr. Brené Brown- Book Reading by Dr. Corey Martin at Buffalo High School 7PM- Brought to you by the Bounce Back Project. Be part of the revolution and join us on Thursday, March 15th at 7:00 p.m. in the Performing Arts Center at Buffalo High School for a presentation that may change your life and the fabric of our community. This event will also serve as the kick-off to a community wide book read of Dr. Brené Brown's New York Times best seller, *The Gifts of Imperfection*. In this ground breaking book, Dr. Brené Brown, a research professor and thought leader on courage and connection, shares 10 Guideposts on the Power of Wholehearted Living – a way of caring for ourselves and engaging with the world from a place of worthiness. The first 200 people in attendance will receive a free copy of *The Gifts of Imperfection*. Your attendance will also qualify you for free registration to Dr. Brené Brown's online course, *The Gifts of Imperfect Parenting*. (\$50 value)

March 15th "Plan to be Positive" FREE Training from 1:30-4 PM- Located at Wright County Law Enforcement Center-Community Room. This training will be presented by David Faust will help participants learn about the science of being positive. Participants will also learn skills on how to apply the best practices of Positive Psychology to their lives. This is a repeat training that was done in December 2017 and is back by popular demand! Don't miss out on this great opportunity! RSVP to CAMHI@co.benton.mn.us. Seating is limited.

March 17th Annual Craft Sale at Maple Lake Elementary Gymnasium from 9 AM–2 PM - A selection of quality items will be offered by area crafters at the Annual Craft Sale. For more information, contact coordinator Betty Gordon at 320-963-5351.

March 17th The 41st Grande Day Parade- Downtown Maple Lake- The Grande Day Parade is slated to begin at 1:30 p.m. near the community park on Division Street. Parade lineup will begin at 12:30 p.m.

March 24th 16th Annual Winsted Area Chamber of Commerce Women's Expo 9 AM- 1PM- Please join the Winsted Area Chamber of Commerce for this fun event!! Check out a variety of local vendors all under one roof. Located at the Blue Note Ballroom in Winsted.



On-Going Community Events

Suicide Loss Support Group: Hosted at the Buffalo Community Center every 4th Thursday of the month from 7-8 PM. Please contact Mary Sodergren at 763-267-7041 for more details.

Fare for All: Food that makes cents: Why shop at Fare for All? Fare for All is OPEN TO EVERYONE and is a non-profit, community-supported program. The more people who participate, the more savings are passed on to customers. There is no need to register in advance. Fare for All accepts cash, credit, debit and EBT cards. Fare for All is held at the Zion Lutheran Church in Buffalo from 4-6 PM.

2018 Dates: March 6th, April 10th, May 8th, June 5th, July 10th, August 7th, September 11th, October 9th, November 6th, and December 4th.

Buffalo Art Guild: Provides support for local artists and furthers art awareness in the greater community. For more information contact Linda at 763-682-4261 or look for them on Facebook. Meetings are held the 3rd Monday of each month at the Buffalo Airport at 7 PM.

Tuesday Morning Conversation: Enjoy stimulating conversation and new ideas. Topics might include: age related issues, societal trends, technology, interesting TED talks, health, travel, current events and more. Tuesdays at 9:30 AM at the Delano Senior Center. No cost for events. 763-972-0574

Free Wellness Coaching: Are you ready to improve your health, enhance your life balance and make lasting changes? Common areas of focus include exercise, nutrition, sleep, and stress. Individual coaching includes appointments in person, over the phone, or both. In-person coaching available at the Buffalo Hospital. Call 763-684-7025 to set up your free appointment today!

2018 60+ and Healthy Clinics: This is a service for Wright County Seniors provided by Wright County Public Health. Clinic runs from 9:30-11:30 AM with a \$15 fee for foot care. The program is no longer funded by grant money, so the \$15 fee is necessary, however if you are unable to pay, you will not be turned away. For questions call Wright County Public Health at 763-682-7456 for dates and locations.



6th- Buffalo, 13th- Howard Lake, 20th- Annandale, 22nd- Delano, 27th- St. Michael

Buffalo Community Center: The Buffalo Community Center has many fun activities to offer individuals in the community. Give them a call to find out more - 763-682-1181. They are located at 206 Central Ave, Buffalo, MN 55313 (across from the Post Office) on Highway 25.

Hours Monday – Friday, 8:30 AM – 4:30 PM

Daily Game Activities	Health/Fitness
Free BINGO	Writers Group
Senior Dining	Open pool table
Toy Workshop	GoldenAires Choir



Mental Health Day on the Hill

**** Rally Trip ****

Join us for a trip to the Minnesota State Capitol building in St. Paul in support of Mental Health advocacy. We will be leaving CMMHC at 9:30 AM and be returning around 1:30 PM. Please bring a cold lunch for yourself as well as comfortable walking shoes. We plan to go, rain or shine- so dress for the weather for this outdoor event!

RSVP by March 13th to Nikki or Katrina at 763-682-7242.

The Rally at the Capitol Rotunda is from 11 AM to 12 PM



CMMHC Community Support Program

Cordially invites you to join us for

Bingo at Monticello CMMHC

Join us for an afternoon of fun! We will play BINGO for prizes and snacks will be provided.

Community Support Program (CSP) is a mental health socialization group for adults in Wright County with serious mental health concerns to be able to socialization with their peers in safe environments.

March 19th from
1:30 p.m. to 3:00 p.m.

407 Washington St., Monticello, MN 55362

Please R.S.V.P. by March 15th to Nikki or Katrina

763-682-7242

**Don't miss out on all our other events - ask
your provider for a copy of our latest calendar!**

