

**Community Support Program (CSP/CARES)**

# June 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2	3	4 12:30-1:30 PM **Cook-off Competition: <b><u>Pasta Salads</u></b>  1:30-2:30 PM IMR Group Read: <b><u>Recovery Strategies</u></b>	5	6 1-2:30 PM Peer Support Group  2:30-4 PM Drop-In	7	8
9	10	11 12:30-1:30 PM Munch and Mingle <b>McDonalds</b>	12	13 1-2:30 PM Peer Support Group  2:30-4 PM Drop-In	14 11 AM-3 PM Woman's Day Event	15
16	17 1:30-3 PM BINGO at Monticello CMMHC	18 12:30-2 PM Movie and Popcorn: <b><u>Brené Brown:</u></b> <b><u>The Call to Courage</u></b>	19	20 1-2:30 PM Peer Support Group  2:30-4 PM Drop-In	21	22
23	24 **12:45-3 PM Bison Fishing Forever at Lake Pulaski	25 1-4 PM Movie at St. Michael Theater	26	27 1-2:30 PM Peer Support Group  2:45-4 PM Birthdays and Bingo	28	29
30						

**CSP is a mental health socialization group for adults in Wright County with mental health concerns to be able to socialize with peers in a safe environment.**

**Please call Nikki at 763-682-7242 to sign up or if you have any questions.**



**\*\* AN RSVP IS REQUIRED FOR EVENTS WITH TWO STARS (asterisks); check the calendar for event RSVP deadlines.**

Transportation is available for events not hosted at Buffalo or Monticello CMMHC locations. Sign-up or call to reserve rides, space is limited, see event description for departure and return time for each specific event.

**Peer Support Group – Thursdays 1-2:30 PM at Buffalo CMMHC:** This peer support time provides an informal atmosphere that allows you to share feelings and concerns, as well as receive feedback from others.

**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.*

**June 4<sup>th</sup> 12:30-1:30 PM Cook-off Competition- Pasta Salads:** Join us at CMMHC for CSP's Cooking Competition! This event gives you the chance to show off your BEST Pasta Salad recipe. Even if you don't have an item to enter, we will always need PLENTY of judges! An awesome prize will be awarded to the person with the most votes! Please feel free to bring a copy of your recipe to share. RSVP required only if you are participating in the competition.

**June 4<sup>th</sup> 1:30-2:30 PM Illness, Management, and Recovery (IMR) Group Read: Recovery Strategies:** is an evidence-based psychiatric rehabilitation practice. IMR is a step-by-step approach that assists people to set meaningful goals for themselves, make informed decisions about their treatment, acquire information and skills to develop greater mastery over the symptoms of their psychiatric illness, and make progress toward their own personal recovery. The Goal of IMR is to: Instill hope that change is possible. Feel free to take notes/write down questions to discuss with your therapist/psychiatrist.

**June 11<sup>th</sup> 12:30-1:30 PM Munch and Mingle- McDonald's:** Join us at McDonalds in Buffalo to socialize and mingle with your peers and grab something to munch on if you'd like! Clients are responsible for any items purchased. You are welcome to ride with us or meet us there. **RIDES- DEPARTURE TIME: 12:15 PM RETURN TIME: 1:45 PM**

**June 14<sup>th</sup> 11 AM-3 PM Woman's Day Event at Apollo High School:** The 3rd Annual Woman's Day Event is here! Join us on June 14<sup>th</sup> to check out all the cool things they have to offer! Rides are limited for this FREE event! We will be leaving CMMHC at 11 AM and returning around 3 PM. Some things at the event require you to register in advanced when you RSVP, please be aware of this! Please see flyer for more details. RSVP by June 11<sup>th</sup>. Clients interested in haircuts, nail painting, or pallet painting must additionally RSVP by calling 320-230-0676, Please note that CSP staff will only be at the event from about 12-2 PM.

**RIDES- DEPARTURE TIME: 11 AM RETURN TIME: 3 PM**

**June 17<sup>th</sup> 1:30-3 PM Bingo at Monticello CMMHC:** Join us at Monticello CMMHC 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. Event is located at 407 Washington Street, Monticello 55362.

**June 18<sup>th</sup> 12:30-2 PM Movie and Popcorn- Brené Brown: The Call to Courage:** Join us for a special viewing of the Netflix special by Brené Brown. "With humor and empathy, Brené Brown discusses what it takes to choose courage over comfort in a culture defined by scarcity, fear, and uncertainty.

**June 24<sup>th</sup> 12:45-3 PM Bison Fishing Forever at Lake Pulaski:** This is great opportunity for clients to socialize and have fun fishing on beautiful Lake Pulaski. Please plan to arrive approximately 15 minutes prior to outing to allow time for boarding. They supply fishing poles, bait, tackle and waders; you may want to bring sunscreen, hats, jackets, etc., depending upon the weather. Meet us at the main dock at Lake Pulaski no later than 12:45 PM. Seating is limited so you must be signed up in advanced to attend. No fishing license required, but all participants must sign a waiver prior to boarding per the fishing organization. **RIDES- DEPARTURE TIME: 12:30 PM RETURN TIME: 3:15 PM**

**June 25<sup>th</sup> 1-4 PM Movie at St. Michael Theater:** The group will arrive at the St. Michael 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 1:10-3:50 PM. You are also welcome to meet us there. CMMHC will post movie choices on the sign-up board as the show times become available. CMMHC will cover the cost of your ticket. Clients are responsible for all concession item purchases.

**RIDES- DEPARTURE TIME: 12:30 PM RETURN TIME: After last movie has ended, no later than 4:30 PM**

**June 27<sup>th</sup> 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!

*Events may be cancelled or changed due to weather related concerns. Go to our agency Facebook page or contact CMMHC Buffalo at 763-682-4400 for weather related changes or questions. CSP follows Buffalo School District's cancellation decision.*

Transportation assistance made possible by a grant received from the Wright-Hennepin Electric Trust's Operation Round Up.

**Calendar also available online at [www.cmmhc.org](http://www.cmmhc.org)**



# Join us for Movie & Popcorn



## Brené Brown: The Call to Courage

With humor and empathy, Brené Brown discusses what it takes to choose courage over comfort in a culture defined by scarcity, fear and uncertainty.

June 18, 2019 from 12:30p—2:00p

CMMHC Buffalo 308 12th Ave S, Buffalo, MN 55313

Event is Free

**Popcorn will be served, “feel free to bring a snack to share if you would like”**

Brené Brown: Researcher. Storyteller. Texan

The official line: I’m a research professor at the University of Houston where I hold the Huffington – Brené Brown Endowed Chair. I’ve spent the past two decades studying courage, vulnerability, shame, and empathy. I’m the author of five #1 *New York Times* bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and *Dare to Lead*. My most recent book was released in October 2018 and is the culmination of a seven-year study on the future of leadership.

The bottom line: I believe that you have to walk through vulnerability to get to courage, therefore . . . embrace the suck. I try to be grateful every day and my motto right now is “Courage over comfort.” I do NOT believe that cussing and praying are mutually exclusive. And, I absolutely believe that the passing lane is for passing only. I’ve been married to Steve for almost 25 years and we have two amazing kids, Ellen and Charlie, and a weird Bichon named Lucy. (Source: <https://brenebrown.com/about/>)

60  
years  
1959-2019



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Central Minnesota Mental Health Center

Together, Creating a Healthier Life



# 3rd Annual Women's Day

June 14th

## Join us for:

- \* Haircuts/Styles\*\*
- \* Nail Painting\*\*
- \* Crafts
- \* Shopping—Free Items
- \* Games/Coloring
- \* Wood (Pallet) Painting\*\*
- \* Light Lunch
- \* Blood Pressure Checks
- \* Prizes
- \* Goodie Bags to Take Home

\*\*When you RSVP, you will also have the opportunity to reserve a time slot for haircut, nails, or wood painting.

We will have all those things and more! Event hosted by Central MN Mental Health Center and our Health Integration Program. We are also partnering with Central MN Sexual Assault Center, Terebinth Refuge, and Journey Home. This is a **FREE** event offered to you!

## Details of the event (change of venue):

Time: 11:00am – 3:00pm

Where: Apollo High School

1000 44th Ave N

St Cloud, MN 56303



Please RSVP by June 7<sup>th</sup> by calling CMMHC at 320-230-0676

\*Childcare is also available for those that need it. Please let us know when you RSVP how many kids you have and what ages.

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