

Community Support Program (CSP/CARES)

January 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	December 31 st **12:30-1:30 PM Pizza Party 1:30-3 PM Birthdays and Bingo	1 CMMHC Closed in Observation of New Year's Day	2	3 12:30-2 PM Advisory Board 2-3:30 PM Peer Support Group	4	5
6	7	8 12:30-2 PM Lunch in the Community: <u>J's Restaurant</u> 2:30-3:30 PM IMR Group Read: <u>Social Supports</u>	9	10 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In	11	12
13	14	15 **1-2 PM Social Hour and Subs 2-3:30 PM Art Studio	16	17 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In	18	19
20	21 1:30-3 PM BINGO at <u>Monticello CMMHC</u>	22 1-4 PM Movie at <u>St. Michael Theater</u>	23	24 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In	25	26
27	28	29 **1:30-3:30 PM Let's Talk Wellness: Mindfulness & Resiliency Series <u>Week 1</u>	30 2:30-3:30 PM Drop-In and Pizza	31 1-2:30 PM Peer Support Group 2:45-4 PM Birthdays and BINGO	February 1	

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); RSVPS ARE DUE BY 4 PM THE TUESDAY BEFORE THE ACTIVITY UNLESS OTHERWISE SPECIFIED.**

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. ***Please note time change on 1/3/19***

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.*

Advisory Board – January 3rd from 12:30-2 PM: This is a time for participants to come share ideas and give program feedback. Everyone is welcome! We will be planning events for the months of *February, March, and April.*

January 8th: 12:30-2 PM Lunch in the Community J's Restaurant: Join us at J's Restaurant located at 22 Division St E in Buffalo for lunch. Grab a bite to eat 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 12:15 PM and plan to return around 2:15 PM – seating is limited. **Clients will be given a \$5 gift card to go towards the cost of their purchases.**

January 8th 2:30-3:30 PM Illness, Management, and Recovery (IMR) Group Read: Social Supports- Illness Management and Recovery 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. We will spend one hour doing a group read about the topic **Social Supports** from the IMR workbook. Feel free to take notes/write down questions to discuss with your therapist/psychiatrist.

January 15th 2-3:30 PM Art Studio: Come create a masterpiece for you to take home for yourself or to give as a gift! Have something you're already working on? Feel free to bring it with and work on it while being able to socialize with your peers. We have lots of projects to pick from! CMMHC will have crafts and supplies available such as paints, coloring supplies, canvases, frames, card making supplies, and other items for you to use!

January 15th 1-2 PM Social Hour and Subs: Join us for Social Hour and Subs where you can enjoy socializing with peers, chatting, or engaging in other activities (like games) with the group while having some lunch! Feel free to stay for Art Studio directly following this event.

January 21st: 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.

January 22nd: 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 timeframe of **1:10-3:50 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. Movie choices will be posted 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.

January 29th 1:30-3:30 PM Let's Talk Wellness: Mindfulness & Resiliency Series (Week 1): CMMHC has a rare opportunity to be hosting a 4-week educational series present by Stacy Besonen, Certified Wellness Coach (CWC) at Allina Health. Participants should expect to be able to attend all 4-weeks and complete weekly homework journaling assignments. Please see our flyer for more details. To sign-up, do so on our event sign-up board or by leaving a message. RSVP by 1/22/19.

Week 1: January 29th Week 2: February 5th Week 3: February 12th Week 4: February 19th
January 30th 2:30-3:30 PM Drop-In and Pizza: Come socialize, play some games with peers, or do an art activity. Enjoy some pizza from Little Caesars! There will be a door prize drawing for a \$10 gift card at the end of the event for those who attend.

January 31st 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. Transportation assistance and reduced costs for events made possible by a grant received from the Wright-Hennepin Electric Trust's Operation Round Up.

Calendar also available online at www.cmmhc.org



Let's Talk Wellness: Mindfulness & Resiliency Series

"Let's Talk Wellness" is an interactive flexible educational series designed to introduce balanced living and general wellness concepts in the form of hands-on learning.

This **FREE 4-week series** for Community Support Program (CSP) clients at CMMHC-Buffalo beginning January 29th from 1:30-3:30 PM will be presented by Stacy Besonen, Certified Wellness Coach (CWC), of Allina Health.

Week 1: January 29th, 2019

What Mindfulness Is and Isn't
Physiology of the Brain and Mindfulness
Determining Personal Values
Open Awareness Practice
Awareness of Breath Practice
Three Good Things

Week 2: February 5th, 2019

Physiological and Psychological Effects of Stress and of Mindfulness Practices
Nutrition and Healing
Guided Formal Sitting Meditation
Yoga
VIA Signature Strengths
Self-Compassion Practice
Gratitude Letter

Week 3: February 12th, 2019

Yoga
Meditation Using Thought as Support
Awareness of the Heart Meditation
Sleep and Healing
Walking Meditation Practice
Mindfulness Eating
Social Connection

Week 4: February 19th, 2019

Practice of All Techniques
Moving Forward and Planning Ahead

Participants should expect to be able to attend all 4 sessions and be able to complete weekly homework journaling assignments.

This series is available to Wright County CSP participants only.

One-time online registration is required for this series.

Assistance with online registration will be available from 3:30 to 4 PM for anyone who does not have access to the internet or would like a demonstration, directly following the first event on 1/29/19.

Sign-up today on our Event Board or by leaving a message at 763-682-7242 by 1/22/19.

Don't miss out on this great opportunity!!