

Community Support Program (CSP/CARES)

March 2020

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----|---|---|-----|---|-----|-----|
| 1 | 2 | 3 1-2 PM Ice Cream Social 2-3 PM Wellness Group: <u>Social Relationships</u> | 4 | 5 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In | 6 | 7 |
| 8 | 9 | 10 1-2 PM Creative Writing Group 2-3 PM Leprechaun Gnome Craft | 11 | 12 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In | 13 | 14 |
| 15 | 16 1:30-3 PM Bingo at Monticello CMMHC | 17 **12:30-2 PM St. Patrick's Day Celebration | 18 | 19 1-2:30 PM Peer Support Group 2:30-4 PM Drop-In | 20 | 21 |
| 22 | 23 | 24 12:30-1:30 PM Cooking Competition <u>"Green is the Theme"</u> 1:30-2:30 PM Telestrations Game | 25 | 26 1-2:30 PM Peer Support Group 2:45-4 PM Birthdays and Bingo | 27 | 28 |
| 29 | 30 | 31 2:30-4 PM Tic-Tac-Toe Stone Creation **4:45-8 PM Culver's Fundraising Night | | | | |

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 or Penny at 763-682-7242 to sign up or if you have any questions.

*Events with (**) indicates an RSVP is requested for this event. See events description for details.*

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.*

March 3rd 1-2 PM Ice Cream Social: Let's help usher in Spring by starting the month off with a warm weather treat.... Ice Cream! Come make your own sundae with some delicious topping choices!

March 3rd 2-3 PM Wellness Group- Social Relationships: We will be doing some self-reflection on our social relationship skills (the ability to apologize, be approachable, have patience, be reasonable, etc.) and identify personal steps to take to support positive changes in this area of life.

March 10th 1 PM-2 PM Creative Writing: Join our monthly creative writing group where writing topics will be introduced and then you can let your creative juices flow. A unique "blind" description activity will be one in-class assignment on this day!

March 10th 2-3 PM Leprechaun Gnome Craft: No need to be Irish to take part in this craft! Come create your own Gnome and get in the spirit for St. Patrick's Day!

March 16th 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. **Rides by CMMHC staff from Buffalo to Monticello will not be provided for this event.** Event is located at 407 Washington Street, Monticello, MN 55362

March 17th 12:30-2:00 PM St. Patrick's Day Celebration Join us for a lunch of sub sandwiches followed by a "Shamrock Auction" where you can bid using "special gold coins" on items and hope the "luck of the Irish" is with you as you attempt to win prizes!

March 24th 12:30-1:30 Cooking Competition- "Green is the Theme": Use your imagination, anything goes as long as there is a pop of green in your entry. Think Spring!! Both Chefs/Bakers and Judges are needed for this competition- 1st place prize will be awarded to the most popular dish.

March 24th 1:30-2:30 Telestrations: Learn a new game called Telestrations. It's like the old -fashioned game of "telephone" but sketch pads are used to get others to guess your word!

March 26th 2:45-4 PM Birthdays and BINGO: Join us in celebrating those clients who have birthdays during the month of March and play a few rounds of BINGO for prizes!

March 31st 2:30-4 PM Tic-Tac-Toe Stone Creation: Create an interesting Tic-Tac-Toe game with painted rocks. Many real cool examples and ideas will be shared so you will leave with a very unique designed game.

March 31st 4:45-8 PM Culver's Fundraising Night: This is a great opportunity for clients to be able to help spread awareness and reduce stigma about mental health and help raise money for the Community Support Program! We are looking for CSP participants to volunteer to help at our fundraising event at Culver's in Buffalo. All volunteers will receive a t-shirt and need to RSVP by March 24th. See sign-up board for more information on volunteering. Volunteering shifts are 5-6 PM, 6-7 PM, or 7-8 PM. If you just want to attend the event without volunteering- feel free to meet us there and bring some friends! Donations and 10% of the proceeds from purchases made from 5-8 PM that evening will go towards the Community Support Program.

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.

Calendar also available online at www.cmmhc.org

YOU ARE INVITED TO CULVER'S FUNDRAISING NIGHT!



10% of sales generated will go directly to the Community Support Program (CSP) of Wright County. All cash donations go to the organization.

Date: March 31st, 2020

Time: 5:00-8:00 PM

Location: Buffalo Culver's

The Community Support Program (CSP) of Wright County is a mental health socialization and recreational group for adults with mental health concerns that provides a safe place to be able to socialize and connect with peers.



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Central Minnesota Mental Health Center

Together, Creating a Healthier Life