



Community Support Program
1825 Chicago Avenue
Minneapolis, MN 55404

ADDRESS SERVICE REQUESTED

All I can control is myself and just keep having a positive attitude. Rose Namgjunas

HOLIDAYS IN JANUARY

National Glaucoma Awareness Month
Cervical Health Awareness Month

- 1/1 New Year's Day
- 1/4 Trivia Day
- 1/21 Martin Luther King Jr Day
- 1/24 Compliment Day

ACTIVITIES

- 12/31 Fire pit/hot chocolate/s'mores day
- 1/1 Closed for Holiday
- 1/7 Melody's Melodies group
- 1/9 Art & Thrive-Pricing
- 1/11 Art Demo-Artist Books
- 1/14 Melody's Melodies group
- 1/16 MIA Outing
- 1/18 Birthday Bingo
- 1/21 Closed for Holiday
- 1/23 Art & Thrive-Funding
- 1/25 Art Demo-Shadow Drawing
- 1/25 Community Meeting + Meal
- 1/28 Melody's Melodies group

Nonprofit Organization
U.S. Postage
PAID
Twin Cities, MN
Permit No. 2313



Community Support Program
General Phone
612-752-8200

Program Director
David P.....612-269-2200

Social/Rec/Ed Program
Wanda B..... 612-752-8250
Jane M.....612-752-8255
Leslie K.....612-752-8260

Team Lead
Shari P.....612-752-8220

Outreach
Lisa B.....612-752-8266

Housing Support
Robert B..... 612-752-8268

Artworks
Jes R.....612-752-8282
Christi F..... 612-752-8258

Career Counselor
Kay W.....612-751-9746



Avivo Community Support Program

Happy New Year!

The CSP-Minneapolis will be closed Monday January 1st and the 21st.

New Group: Melody's Melodies Group

Mondays @1:00

Hello!

My name is Melody. I am an Augsburg grad and board certified Music Therapist. I grew up in San Diego and moved to Minneapolis for school and a change of pace.

I have always loved music. I started playing violin in 3rd grade. When I heard about music therapy I was very intrigued. I love music and connecting with people through music, so I decided to study music therapy. No music therapy group is a like. A music therapist may bring in song books so the group participants can sing along with her. She may use drumming to explore different emotions. She may bring in a song and have the group talk about the

lyrics and meaning in the music. The good thing about music therapy is that most people enjoy music, so participating in a music therapy group is fun. You do not have to be a professional musician to participate in music therapy, all you have to do come to the group, ready to play an instrument sing or simply listen. I invite you to check out a music therapy group!

ArtStudio News

Art and Thrive this month is going to cover two important topics: Pricing (January 9) and Funding (January 23). Get to know how to determine an hourly wage, calculate overhead, and come up with profit margin that suits your art career. Funding is all about ways to diversify your income as an artist. We have a special outing to the Minneapolis Institute of Art on Wednesday, January 16 from 1-4 PM. Sign up for a van ride is in the

studio. We currently have an opening for The Collective. To apply you need to schedule an appointment with Jes. Applications are due on January 31st before 3 PM. You must be an active member of the CSP to apply. The Collective are CSP members that are professional artists. They work out of our studio, supporting one another and challenging mental health stigma. They show their art with Avivo regularly!

We will have two art demos this month. On January 11th we will explore making artist books out of a single sheet of paper. On the 25th we will be using light and our bodies or objects from the studio to make shadow drawings.

See you in the studio!

Helpful Website

Find food, legal assistance, shelter, and other resources:

<https://gis.hennepin.us/Waypoint/>

Whole Health

News

Financial Wellness

We have probably all heard the phrase 'Financial Wellness' but do we understand what it really means?

Financial wellness isn't just about how we spend our money, but it's also about how we obtain our money.

Currently many opportunities to make money (or volunteer) require computer knowledge/skills and the need for these skills will only increase in the future. Many companies are in the process of going paperless. That means that all communications and files will be stored electronically.

Currently, there are very few places that you can walk in and put in a paper job application. More and more companies are communicating by email.

It has become essential that we know and understand the basics of

using a computer. Do you have an email address and can you access it? Do you know how to search for a job online or fill out an online job application? All of these skills can and will prepare you to achieve financial wellness. There are many useful applications on a computer such as a calculator and a word processor. There is even an application to help you create flyers for events that you may be involved with. None of these things may seem to be important or useful to you, but believe me, once you learn how to use them, they will become more useful than you would ever imagine.

I bet you are asking yourself what does any of this have to do with financial wellness? If you could keep track of how you are spending your money maybe you could see where you could make a few small changes that will enable you to make the money you have last until your

next check arrives. If you were able to create a budget you could better control how you are spending your money. Perhaps you are able to save a little for a special event like dinner out at a nice restaurant with a friend or buying something that you have been wanting for a long time. There is always the long range goal to and putting money away in a savings account for a rainy day.

Kay Williams is the staff at the Avivo CSP located in Minneapolis to contact. Kay would love to help you learn these skills to create more opportunities and maybe even increase your income. If you are interested in learning a little more about basic computer skills call Kay at 612-751-9746 or catch her during drop-in hours Thursday or Friday.

January 2019

Avivo Community Support Program

1825 Chicago Avenue Minneapolis, MN 55404 Main Phone: 612-752-8200 Fax: 612-752-8201

Sun.	Monday 11-5	Tuesday 11-5	Wed 11-5	Thursday 11-5	Friday 11-4:00	Sat.
30	31 12:00 Fire Pit, hot chocolate & s'mores!	1 Jan. Closed for Holiday	2 1:00 Creative Writing 2-Men's Group 3:00 Housing 101	3 12-4:15 Open Studio 1:30 Meditation 2:30-3:30 Women's Group	4 11-1 Open Studio 1:00 MI/CD 3:00 Yoga <i>National Trivia Day ;)</i>	5
6	7 12:00-4:15 Open Studio 1:00 Melody's Melody group in Sun Room *Career Counselor here	8 1-3 Needlework 3:00 Self Care <i>Smile at someone today</i>	9 1:00 Creative Writing 2-Men's Group 3:00 Housing 101 3 Art & Thrive- Pricing	10 12-4:15 Open Studio 1:30 Meditation 2:30-3:30 Women's Group	11 11-1 Open Studio 12 Art Demo- Artist Books 1:00 MI/CD 3:00 Yoga	12
13	14 12:00-4:15 Open Studio 1:00 Melody's Melody group in Sun Room	15 12:30-3:00 Reiki 1-3 Needlework 3:00 Self Care	16 1:00 Creative Writing 2-Men's Group 3:00 Housing 101 1-4 MIA Outing	17 12-4:15 Open Studio 1:30 Meditation 2:30-3:30 Women's Group	18 11-1 Open Studio 1:00 Birthday Bingo 1:00 MI/CD 3:00 Yoga	19
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