



Avivo Community Support Program



February 2019

Schedule Changes

Monday, February 18: Closed for President's Day.

Wednesdays in February: NAMI Connection will meet at 5 pm.

To Become a Member

Avivo CSP offers recovery-focused, flexible, easy-access services for adults with ongoing mental health and chemical health issues who live in the south Hennepin area. Stop in during Drop-In for a tour. Walk-in intakes are available Wednesdays, 3-5 pm, or for an intake appointment, call Pam at 612-752-8364.

Community Resources

COPE 612-596-1223

Crisis Text Line MN741741
Or **CRISIS

Suicide Prevention Lifeline
1-800-273-8255

Warmline 1-877-404-3190
(toll-free, Mon.-Sat., 5-10 pm)

Loaves & Fishes
(Bloomington) 952-948-0746
(Richfield) 612-869-7700

Metro Transit 612-373-3333
MN Recovery Connection
612-584-4158

NAMI 651-645-2948
United Way 211
VEAP 952-888-9616

Avivo Website

www.Avivomn.org

Editor: Cyndy D.

Design & Editing: Carma G.

WHAT'S THE BUZZ

Storyteller

Thursday, Feb. 7, 3:30 pm

Join us as Bobbie Zelle comes back to share his entertaining stories.

Take the Wellness Challenge!

Feb. 11-March 11

Kick-Off, Monday, Feb. 11, 2:30 pm

See article inside for more details ...



NAMI Listening Session

Thursday, Feb. 21, 3:30 pm

This is your opportunity to share what is working for you and what is not in our mental health system, and to talk about the services you receive and those you would like to receive.

Decluttering Discussion

Thursday, Feb. 28, 1 pm

Do you sometimes feel crowded out of your space by too much "stuff"? Do you avoid having friends drop by because of clutter? Do you live in fear of a housing inspection? This is a space to share our struggles and successes with getting free of clutter. We will explore some of the current ideas about how to free up our space and live more happily.



Weather Policy

When the weather is bad, call us at 612-752-8350 before coming over, as we may be closed. We will be closed when Hennepin County offices are closed.

Stamping 101

Thursday, Feb. 28, 2 pm

Come learn all about stamping! Maggie will teach us stamping techniques and give us several tips to broaden our creative stamping and card-making skills! Plus, you'll build a solid and confident understanding of this craft as you learn about the different ways to use stamps for greeting cards, home decor items, gifts and more—with the opportunity to practice all your newfound skills!

30th Anniversary of Our CSP!

Yes, it's been 30 years since Hennepin County signed the contract with Resource—now Avivo—to provide a Community Support Program here in Bloomington (as well as Crystal and Minneapolis). Watch for details on articles in the media, recognition by Avivo, and a June celebration for members and staff.

Learn Basic Computer Skills

Tuesdays, 12 noon-2:30 pm

Opportunities to learn include email, searching the internet, writing a resume and job searches. If you are interested in any of these things, contact Kay and sign up for a time slot.



February 2019

Avivo Community Support Program

7888 12th Avenue South, Bloomington, MN 55425 Main Phone: 612-752-8350



Drop-In Hours:	Monday 12-5 pm	Tuesday 12-5 pm	Wednesday 2:30-6:30 pm	Thursday 12-5 pm	Friday 12-5 pm	Saturday 12-4 pm
----------------	-------------------	--------------------	---------------------------	---------------------	-------------------	---------------------

February Holidays & Events

Black History Month

American Heart Month

2 Groundhog Day (*midpoint between the start of winter and the start of spring*)

5 Chinese New Year (*Year of the Pig*)

14 Valentine's Day

18 President's Day (*honors first president George Washington as well as Abraham Lincoln and all past U.S. presidents*)

1	2
<p>Cooking Group 12:30 pm Sports Talk 2 pm Mindful Drawing 2:30 pm</p>	

4	5	6	7	8	9
<p>Chemical Health Group 1:30 pm Mindfulness 2:30pm Conversation Circle 3 pm Tai Chi Chih 4 pm</p>	<p><u>Computer Lessons</u> 12-2:30 pm Strength Train 12:30 Knitting 1 pm Mindfulness 1:30pm Open Art 2:30 pm</p>	<p>Name That Tune 3 pm Puzzles 4 pm NAMI Connection Group 5 pm</p>	<p>All Member Meeting 1 pm Bingo 2 pm Chair Yoga 3 pm Storyteller 3:30 pm</p>	<p>Creative Writing 1 pm <u>Rent Rebates 1 pm</u> General Support Group 2 pm <u>Bowling 2 pm, \$2</u></p>	<p>Group Games 1 pm Watercolors 2 pm</p>

11	12	13	14	15	16
<p>Chemical Health Group 1:30 Wellness Challenge Kick-Off 2:30 pm Artists Profile 3 pm Faith & Life 3 pm</p>	<p><u>Computer Lessons</u> 12-2:30 pm Strength Train 12:30 <u>Snowshoe 12:30, \$5</u> Knitting 1 pm Mindfulness 1:30pm Journaling 2:30 pm</p>	<p>"Drop the Needle" 3 pm Group Game 4 pm NAMI Connection Group 5 pm</p>	<p>Valentine Move & Groove to Love Songs 12:30 pm Snacks 1 pm Pop Art 2 pm Butts Out 2 pm Coping with Anxiety 3 pm</p>	<p>Social Justice 1 pm Poetry Reading 2 pm Sing-Along 3 pm</p>	

18	19	20	21	22	23
<p>Closed for President's Day</p>	<p><u>Computer Lessons</u> 12-2:30 pm Strength Train 12:30 Knitting 1 pm Mindfulness 1:30pm Journaling 2 pm Learn to Email 3pm</p>	<p>Name That Tune 3 pm Card Game 4 pm NAMI Connection Group 5 pm</p>	<p>NAMI Listening Session 1 pm Creative Writing 2 pm Chair Yoga 3 pm</p>	<p>Group Puzzles 12 pm Bingo 1 pm General Support Group 2 pm Sports Talk 3 pm</p>	<p>Group Game 12:30 pm Open Art 2 pm</p>

25	26	27	28	
<p>Chemical Health Group 1:30 pm Mindfulness 2:30 pm Gideon Visits 3 pm Tai Chi Chih 4 pm</p>	<p><u>Computer Lessons</u> 12-2:30 pm Cooking 12:30 Strength Train 12:30 Knitting 1 pm Mindfulness 1:30pm Fiddler 2 pm "Up from Depression" 3:30 pm</p>	<p>Celebrate Black History with Music & Food 3 pm NAMI Connection Group 5 pm</p>	<p>Move & Groove 12:30 Decluttering Discussion 1pm Stamping 101 2 pm Butts Out 2 pm Coping with Anxiety 3 pm</p>	

It is recommended that you sign up in advance for underlined events/outings Shaded areas show changes to hours.

Schedule subject to change without notice.

PLEASE RECYCLE THIS NEWSLETTER AT END OF MONTH.

OPPORTUNITIES FOR WELLNESS



Have Fun & Reach Your Goals!

It's *Wellness Challenge* time again! This is a time to overcome the cold and do some well-deserved self-care.

From February 11 to March 11, you can choose a personal goal related to nutrition, physical activity, stress management or any another wellness area, and work toward that goal intentionally – with support from Avivo staff and members. We will help each other stay motivated and find fun ways to move toward our goals!

Start Where You Are

Although this is a four-week challenge, you can start any time during the month. Come in and mark your progress on our wall, and check in with staff and peers to give and



ANNOUNCEMENTS

NAMI Connection Group will now start at 5 p.m. every Wednesday, instead of 4:30 p.m. This change begins in February.



get support. You can also do check-ins with Angie, our Health and Wellness Coach.

Groove to Your Own Tune!

Let's work together and help each other as we achieve our personal health and wellness goals!



HELPING HANDS



Volunteer of the Month: Mary L.

Mary has been a volunteer for the past seven years. She currently subs at the front desk and waters the inside plants. In the past, she helped buy, plant and water our beautiful outside flowers, and worked on the *Charaka Revue*.

She says, "I like keeping Avivo nice looking, and I like making people happy with plants. Volunteering makes me happy and content."

Thanks, Mary, for helping out at Avivo CSP.



Thank You to Mare!

After 24 years of putting her dedication and creativity into every issue, volunteer Mare K. has decided to step down from doing the graphics for our monthly newsletter. We have appreciated her great work, and hope she finds other ways to share her talent in our program.

Thank you, Mare, for making our newsletter more interesting and fun to read!

General Phone

612-752-8350

Fax 612-752-8351



Avivo CSP

Manager

Cyndy 612-752-8356

Peer Recovery Specialists/Drop-In

Donna 612-752-8372

Joelle 612-752-8384

Wendy 612-752-8374

Sheila (+Outreach)

612-752-8354

Program Coordinator

Pam 612-752-8364

Health & Wellness Coach

Angie 612-752-8355

Housing Coordinator

Maggie 612-752-8358

Career Counselor

Kay 612-751-9746

Avivo Case Management

Manager

Beth 612-752-8376

Case Managers

Amy 612-752-8362

Dara 612-752-8353

Jon 612-752-8360

Garrett 612-752-8366

Michelle 612-752-8368

Support Specialist

Anita 612-752-8335



