



**Community Support Program
1825 Chicago Avenue
Minneapolis, MN 55404**

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**“The time is always right to
do what is right.”**

—Dr. Martin Luther King, Jr.



HOLIDAYS IN FEBRUARY

**Black History Month
American Heart Month**

- 2/2 Ground Hog Day
- 2/3 The Day the Music Died-1959
- 2/14 Valentines Day
- 2/18 President’s Day

ACTIVITIES

- 2/6 Art & Thrive-Career Planning
- 2/8 Art Demo-Playmaking
- 2/8 Open Mic @2:30
- 2/11 Random Acts of Kindness Week
- 2/12 Town Hall Forum-leave at 11:15
- 2/13 Como Conservatory Outing
- 2/14 NAMI outing-leave at 12:30
- 2/14 Art Demo-Aaron’s Art Style
- 2/15 Birthday Bingo
- 2/18 Closed for Holiday
- 2/20 Art & Thrive-Portfolio Kit
- 2/22 Art Demo-Exquisite Corpse
- 2/22 Community Meeting + Meal

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
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Shari P.....612-752-8220

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

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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

NAMI presents: Mental Health Wellness Series

*Thursday, February
14th Van will be
leaving at 12:30PM*

Once a month over the next 4 months, NAMI is hosting wellness oriented workshops at North Regional Library. The workshop will be from 1-2:30. The workshop titles are as follows: Physical activity, Nutrition, Stress management, and Emotional Wellness. We hope you join us in learning more about how we can take care of ourselves even more!!

Melody's Melodies Group

Mondays @1:00

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 the group!

ArtStudio News

ArtWorks is hosting a couple of art demos in February. On the 8th we will be exploring the concept of playmaking in art. On the 22nd will be showing you some surrealist art games that create one of a kind, collaborative art pieces. We invite you to attend a CSP outing to the Como Conservatory on the 13th. You can sketch, take a walk, or meditate on the beauty of this wonderful inspiring place. We will leave at 1:00.

Learn more about member Aaron's art style on Thursday, February 14th at 1:00. Art & Thrive topics this month will cover career

planning (6th) and the artist portfolio (20th). See you in the studio!

Town Hall Forum Change and Resilience in the Heartland

**By: Art Cullen
Tuesday, Feb. 12**

Van leaves at 11:15

We will be going to Westminster Presbyterian Church to listen to Art Cullen, a journalist and co-owner of *The Storm Lake Times*. His book, **Storm Lake**, explores the issues and changes confronting rural America. Mr. Cullen presentation will be followed by Q & A. All forums are one hour in length.

Helpful Website

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

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

Community Choir

Would you be interested in a community choir? Talk to Wanda

Whole Health News

Writing your Story as a Healing Experience

*"Telling a true story about personal experiences is not just a matter of being oneself or even of finding oneself. It is also a matter of choosing oneself"-
Harriet Goldhor Lerner*

Our lives are made of stories that have been told to us from our families and ancestors. The most important stories are the ones we create everyday. By creating and re-creating our stories, we are building a life well lived through using our creative mind and ability to embrace the person of who we indeed are in this life, at this time. Our stories are filled with happiness as well as pain and sadness. All of these emotions make us who we are. Without one or the other, we would not be the unique person we are today. Embrace the person you are!

Our personal tales, thoughtfully written down, through journaling or writing nonfiction, have potential for healing. By reminiscing about our

past, we can choose the possibilities of potentials that we have in the future. In telling these stories, we shine light in areas that may lead to healing. Healing can come out of the simple act of telling our story or opening up the spotlight to see the possibilities we have for a bright future.

As we move into 2019, I choose to have a bright future of endless possibilities. I share these dreams for you as well.

Here's to a bright future for all of us!

Mary

Mary is the Health and Wellness Coach at Avivo's North Hennepin Community Support Program.

Arisen

Finally. Healthy.
Healthy enough to explore.
Healthy enough to take risks.
Healthy enough to learn.
Healthy enough to grow.
Healthy enough to heal.
Evolving.
Changing. Not a caterpillar going

through chrysalis, But a butterfly realizing it has always been a butterfly. No longer believing I can only crawl, head down.

But I can fly!

Facing the future.

Rising above where I thought I was meant to stay, Above what I believed I was meant to be.

Now, landing on soft petals.

To enjoy the sweetness of life To fill my soul with the nectar of joy and love. Remembering what I am.

Through fire, Through pain, Through despair, Through tears, Through scars, Through every trial ever I faced.

I still am.

I am beautiful and I always will be.

Because I now realize I am what I was created to be.

Who I was designed to be.

Me.

I am Me.

Finally.

- Glenn Wm. Wymore
Member of Avivo
Community Support
Program-Minneapolis



February 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.
27	28 12:00-4:15 Open Studio 1:00 Melody's Melodies group in Sun Room	29 1-3 Needlework 3:00 Self Care	30 1:00 Creative Writing 2-Men's Group 3:00 Housing 101	31 11-Comics 12-4:15 Open Studio 1:30 Meditation 2:30-3:30 Women's Group	1 February 11-1 Open Studio 1:00 MI/CD 3:00 Yoga Wear Red Day	2
3	4 12:00-4:15 Open Studio 1:00 Melody's Melodies group in Sun Room *Career Counselor here	5 1-3 Needlework 3:00 Self Care	6 1:00 Creative Writing 2-Men's Group 3:00 Housing 101 3 Art & Thrive-Career Planning	7 11-Comics 12-4:15 Open Studio 1:30 Meditation 2:30-3:30 Women's Group	8 11-1 Open Studio 12 Art Demo-Playmaking 1:00 MI/CD 2:30 Open Mic! 3:00 Yoga	9
10	11 12:00-4:15 Open Studio 1:00 Melody's Melodies group in Sun Room Random Acts of Kindness Week	12 11:15 Town Hall Forum 12:30-3:00 Reiki 1-3 Needlework 3:00 Self Care	13 1-3:30 Como Conservatory Outing 2-Men's Group 3:00 Housing 101	14 11-Comics 12-4:15 Open Studio 12:30 NAMI outing 1:00 Art Demo-Aaron's Art Style 1:30 Meditation 2:30-3:30 Women's Group	15 11-1 Open Studio 1:00 Birthday Bingo 1:00 MI/CD 3:00 Yoga	16
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