



Avivo Community Support Program

February 2019

Schedule Changes

We will be closed on Monday, February 18th.

To Become a Member

Avivo CSP offers recovery-focused, flexible, easy-access services for adults who live with mental illness and reside in the northwest Hennepin area. Stop in during drop-in hours for a tour. For information or an intake, call 612-752-8300.

Community Resources

COPE 612-596-1223

Warmline 1-877-404-3190

(Toll-free, Mon.-Sat., 5-10 pm)

Suicide Prevention Line 1-800-273-TALK (8255)

Metro Transit 612-373-3333

MN Recovery Connection

612-584-4158

NAMI 651-645-2948

Local Food Shelves:

- NEAR 763-533-2836
- CEAP 763-450-6371
- Emergency Food Network 763-450-3860
- PRISM 763-529-1350

United Way 211

Avivo Website

www.Avivomn.org

WHAT'S GOING ON!



Black History Month

Did you know that each year, Black History month focuses on an issue relating to African Americans? Here is what the focus is this year: ASALH's 2019 theme *Black Migrations* emphasizes the movement of people of African descent to new destinations and subsequently to new social realities. While inclusive of earlier centuries, this theme focuses especially on the twentieth century through today. Beginning in the early decades of the twentieth century, African American migration patterns included relocation from southern farms to southern cities; from the South to the Northeast, Midwest, and West; from the Caribbean to US cities as well as to migrant labor farms; and the emigration of noted African Americans to Africa and to European cities, such as Paris and London, after the end of World War I and World War II. Such migrations resulted in a more diverse and stratified interracial and intra-racial urban population amid a changing social milieu, such as the rise of the Garvey movement in New York, Detroit, and New Orleans; the emergence of both black industrial workers and black entrepreneurs; the growing number and variety of urban churches and new religions; new music forms like ragtime, blues, and jazz; white backlash as in the Red Summer of 1919; the blossoming of visual and literary arts, as in New York, Washington, D.C., Chicago, and Paris in the 1910s and 1920s. The theme *Black Migrations* equally lends itself to the exploration of the century's later decades from spatial and social perspectives, with attention to "new" African Americans because of the burgeoning African and Caribbean population in the US; Northern African Americans' return to the South; racial suburbanization; inner-city hyperghettoization; health and environment; civil rights and protest activism; electoral politics; mass incarceration; and dynamic cultural production. ~asalh.org

New Year, New Habits

As we enter a new year we are hoping to do a little shifting in our habits at the CSP. We are going to end each day at 3:45 with a bit of tidying up of our space. If you are interested in helping keep our space inviting and clean, let any staff know. Every time a member helps with end of day cleaning, you can enter to win a target gift card!!

Walk Run Group

Tuesday, February 5th at 12:30PM

Come over and enjoy the outdoors walking with fellow members and staff in our beautiful Crystal neighborhood. Get outside and beat the winter blues; if the weather is too cold, then we can always exercise inside. Come and enjoy the fun.

NAMI presents: Mental Health Wellness Series

Thursday, February 14th

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. Unfortunately, we cannot provide transportation this month but hope to next month!! Ask Steph if you have any questions!

Situational Awareness Class

Tuesday, February 26th at 12PM

Join us to learn from Shawn Moore about how we can be more aware of our surroundings and keep ourselves safe. Shawn has a background in the military, law enforcement and currently works as a leader in a church. See you there!

WELLNESS WORDS FROM MARY



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!

Tax Time Again

Do you find the idea of filing Income Taxes or Rent Rebates complicated and/or scary? No worries; some of the CSP Staff may be able to assist with filing forms for 2018.

-Mary Kay can assist with Rent

Rebate—also known as Property Tax

-Holly can assist with Federal Forms

1040, 1040A and 1040EZ and Minnesota state taxes. Because completing these

forms can be complicated and time consuming, Holly asks that you please make an appointment to complete any tax forms. Appointments will be available on Tuesdays and Thursdays from 12-3. To ensure that forms are current and accurate, please plan to schedule your appointment with Holly AFTER February 15th.

If we cannot meet your tax needs, let us know and we can help you find locations close to you that offer tax assistance.

February Birthdays:

Clarence B. Donna B. Michael B.
Brandi B. Janette B. Deanna C.
Dianne C. Latoya D. Joseph D. Mary E.
Carole E. David F. Tori F. Katrina G.
Tony G. Bradley H. Sandra H.
Daniel I. Sadia J. Tyrome J. Dajhae J.
Darlene J. Richard K. Steven K. Gail K.
Dorothy K. Mark L. Caroline L.
Phourathaksone L. Larry M. Liban M
Ariyan M. Victoria M. Jennifer N.
Wilter N. Rasheed O. Nicole O.
Ashley R. Jessica R. Mary S. Laura S.
Deborah S. Simon T. Margaret V.
Denise V. Ramario W. Jeffrey W
Joanne W.

HELPING HANDS!



Thank You December Volunteers!

Anne V. Rita L. Mark L. Denise V.
Pettie B. Marilyn B. Victoria S. Carol S.
Don E. Melissa E. Cece M. MJ E.
Tammy H. Debbie D. Edith H. Sandy M.
Roger M. Suzanne B. Sharon P.
Jeff P. Kim S. John M. Larry M.
Warren L. Randy M. James R. John R.
Brad L. Roland B. Anna R. Andy J.
Terry Robertson Tom Schreiner Nancy
Twidell

Avivo CSP

General Phone

612-752-8300

Member Phone

612-752-8325

Fax 612-752-8301

Program Director - CSP

David Peebles 612-229-0138

Drop-In Program

Steph Wagner - *Manager* 612-752-8318

Dale Wisniak - *Peer Recovery Support Specialist* 612-752-8312

CSP Coordinator

Mary Kay Ficks 612-752-8304

Pam Sabey 763-321-0222

Program Specialist

Holly Meister 612-752-8328

Lucia Worth 612-752-8314

Health/Wellness Coach

Mary Newstrom 612-499-7955

Employment Support

Anita Knez 612-752-8335

CSP /Case Manager

Morgan Bertinet 612-752-8324

Housing Support CSP & TCM

Georgia Steele 612-752-8322

Program Director - TCM

Open position 612-245-6393

Case Management

Beth Kuettner - *Manager*
612-752-8320

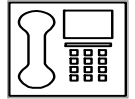
Case Managers

Deb Schmitt 612-752-8327

Tito Catuncan 612-752-8326

Jenny Odegard 612-752-8310

Megan Moreau 612-752-8306



February 2019

Avivo Community Support Program

7000 57th Avenue North, Suite 100, Crystal, MN 55428 Main Phone: 612-752-8300

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1 Drop-In 11:30-4pm 12:30p Friday Fitness 2p Meditation with Goals	2/3
4 Drop-In 11:30-4pm 12:30p Art Group: Clay Work 2p Mindful Movement	5 Drop-In 11:30-4pm 12p <u>Half Priced Books \$\$</u> 12:30p Walk or Run 2p  OUT! 2:15p Employment Support Group	6 Drop-In 11:30-4pm 12:15p <u>Bowling</u> 1:30p Energy Challenge 1:45p Chemical Health	7 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Pool Tourney	8 Drop-In 11:30-4pm 12p <u>Science Museum</u> 12:30p Friday Fitness 2p Hands-On Wellness	9/10
11 Drop-In 11:30-4pm 12:30p Art Group: Watercolor Cards with Anita 2p Mindful Movement	12 Drop-In 11:30-4pm 12:30p Birthday Bingo 12:30p Walk or Run 2p  OUT! 2:15p Employment Support Group	13 Drop-In 11:30-4pm 1:30p Energy Challenge 1:45p Chemical Health	14 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Up and Down	15 Drop-In 11:30-4pm 12:15p <u>Raptor Center</u> 12:30p Friday Fitness 2p Meditation with Goals	16/17
18 Closed for Holiday	19 Drop-In 11:30-4pm 12:30p Walk or Run 2p  OUT! 2:15p Employment Support Group	20 Drop-In 11:30-4pm 1:30p Energy Challenge 1:45p Chemical Health	21 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Hearts	22 Drop-In 11:30-4pm 12p <u>Minneapolis Institute of Arts</u> 12:30p Friday Fitness 2p Hands-on Wellness	23/24
25 Drop-In 11:30-4pm 12:30p Art Group: Paint Clay Work 2p Mindful Movement	26 Drop-In 11:30-4pm 12p Safety Presentation by Shawn Moore 12:30p Walk or Run 2p  OUT! 2:15p Employment Support Group	27 Drop-In 11:30-4pm 12:30p Farwell with Lucia 1:30p Energy Challenge 1:45p Chemical Health	28 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Spades		

Underlined events require prior sign-up; schedule subject to change without notice.



Community Support Program
7000 57th Avenue N, Suite 100
Crystal, MN 55428

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ADDRESS SERVICE REQUESTED



Lucia's Farewell

Hello Avivo CSP, My extended stay has come to a close. I will be leaving Friday March 1, 2019 for a new journey in my life. I thank each and every one of you, for making my time at Avivo an experience that will be with me forever. Please remember; never give up on yours dreams, your hopes, and your goals. They can come true. Good bye and until I see you again, take care of yourself. Lucia

HOW TO ...

Get to Avivo CSP by Bus

Take #721 which goes down Bass Lake Road; get off on Jersey Ave to come to Avivo CSP. You may also take #716 which goes down West Broadway; get off at 57th Ave. If you have additional questions regarding Metro Transit you can talk to Mary Kay at Avivo CSP or call the bus system at 612-373-3333.

Get a Ride to Avivo CSP

If you are a member of Avivo CSP, live in NW Hennepin County area, and don't have another way to get to Avivo CSP, you can call Dale, 612-752-8312, to request a ride. Rides are available Tuesdays, Wednesdays, Thursdays and Fridays to members who reside in our area. We will do our best to help you out. We are not able to give rides on holidays.

Go Green & Get the Newsletter Early

1. *Save postage!* New newsletters are available to be picked up at Avivo CSP the last week of each month.
2. *Save postage and paper!* Get the newsletter at www.avivomn.org.
3. *Let Steph know* if you choose one of these options, so we can take you off the mailing list. Thanks!