



Community Support Program
1825 Chicago Avenue
Minneapolis, MN 55404

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“You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle.” ~Julian Seifte

HOLIDAYS IN MARCH

Women’s History Month

Brain Injury Awareness Month

- 3/10 Daylight Savings Time starts
- 3/14 National Pi Day 3.14
- 3/17 Saint Patrick’s Day
- 3/30 World Bipolar Day

ACTIVITIES

- 3/1 No Open Studio
- 3/4 Last Melody’s Melodies until May ☺
- 3/4 Women’s Group @2-3:00
- 3/5 Avivo Choir @1:30
- 3/7 Meditation @2:30
- 3/8 Sun Room NOT available
- 3/8 Open Mic!
- 3/14 Mental Health Rally at the Capital
- 3/15 Birthday Bingo
- 3/20 Mn Artists 1-4:00
- 3/21 NAMI Outing @12:30
- 3/27 Mn Artists 1-4:00
- 3/29 Community Meeting & Meal



Community Support Program

General Phone **Fax**
 612-752-8200 612-752-8201

Program Director

David P.....612-269-2200

Social/Rec/Ed Program

Wanda B..... 612-752-8250
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Shari P.....612-752-8220

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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

NAMI presents:
**Mental Health
Wellness Series**
*Thursday, March 21
leaving at 12:30PM*

This workshop will be on Physical Activity from 1-2:30.

**New Group: Avivo
Choir: Tuesdays @1:30**

Do you love to sing?
Have you always wanted to learn?
Whether you are a beginner or have been singing all your life, choir is a place where many voices can come together in unity and community. This group will explore repertoire from a variety of genres and learn basic vocal technique and music-reading skills. All are welcome!

ArtStudio News

Have you heard that Christi facilitates a comics group every Thursday at 11 AM? With Christi's support, start and finish a comic in this group! No need to sign up – just show up!

Are you interested in getting your art online, but aren't interested in starting your own website? Jes is taking sign ups on 20th and 27th to help register for a Mn Artists page. Mn Artists is an online platform managed by the Walker Art Center. It's a great way to promote your art for free! You can start your profile during your time with Jes or just review the site with her to determine if you want to try it.

On March 14th check out the latest group exhibition from The Collective. Located at the University of Minnesota, United Practice highlights a mix of work from the artists! A presentation starts around 5:15PM. The studio that day will close at 3 PM so that we can make the reception on time. Sign up will be in the studio! There will be no Open Studio on Friday, March 1st. The studio that day will open to Collective Members from 1-4 PM.

COMPAS

We are proud to announce that we recently received a Minnesota State Arts Board grant to increase our art programming! We are partnering with COMPAS, an award-winning innovator in the field of arts education, to bring a variety of workshops to our CSP. These workshops will range from theater, creative movement, self-portraits, photography, poetry, Carnatic music, sand painting, mosaics, songwriting, and collage. Each group will be facilitated by a COMPAS Teaching Artist. **Celebrate this new partnership by meeting the artists during our Community Meeting and Meal on Friday, March 29 from 1-3 PM.**

**Mental Health Day
on the Hill**

March 14

**Rally in the State
Capital Rotunda from
11-12:00.**

Whole Health News

How to get beyond feeling lonely?

Loneliness is not defined by the number of friends you have but by the quality of the connections you have to others. The relationships that fend off loneliness make you feel good, understood and appreciated. Sadly, loneliness is at crisis levels here in the United States, with one out of two Americans stating they feel lonely, while 47 percent in Great Britain reported that their central companionship is a pet or their TV. Studies show that loneliness can shorten life by as much as 15 years. Additional studies have found connections between loneliness and numerous health issues such as heart problems, stroke, cancer, increasing depression and anxiety.

Loneliness affects the body and mind because it creates stress, and that stress produces extra hormones in the body such as cortisol. Too much cortisol impacts the body and ultimately the mind in negative ways. Over long

periods, exposure to high levels of cortisol produces high blood pressure, increased inflammation, depression, and increased anxiety. As you can see, there are real consequences of feeling lonely.

Why are so many people feeling lonely? There appear to be a few reasons why we see an increase in loneliness, some possibilities are not being part of a regular workplace since so many people work from home, or family does not live close by. Of Americans, out of the top 25 percent users of social media, twice were more likely to report they feel lonely and not belong to a particular support group.

At Avivo, our Community Support Programs (CSP) offer opportunities that bring people together as a community, to help foster friendships and a sense of belonging. These interactions help members feel supported by one another, and through these interactions, loneliness may decrease. We schedule groups Monday through Friday to bring folks together to

build healthy bodies. If you have never tried one of the groups, I invite you to try one. They are for you to connect with like-minded folks. Try something new like yoga and see how fun it is.

If exercise is not your thing, we are building community through the drop-in center. Come put together a jigsaw puzzle, listen to music or play games with fellow members. Join fellow members and go bowling, create crafts, visit museums, go to bookstores or go for a walk around one of many lakes with other members.

Avivo CSP offers many different programs to support you in a healthy life, in addition to social and recreational activities; we provide career counseling, recovery, and mental health support and housing assistance. Building community means being around others that can relate to you and your life. Join us at the CSP to build community and friendships that will last a lifetime.

Mary.newstrom@avivomn.org

March 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.
24	25 12:00-4:15 Open Studio 1:00 Melody's Melodies	26 3:00 Self Care	27 1:00 Creative Writing 2-Men's Group 3:00 Housing 101	28 11-Comics 12-4:15 Open Studio 1:30 Meditation 2:30-3:30 Women's Group	1 March No Open Studio 1:00 MI/CD 1-2:30 Needlework 2:30 Yoga	2
3	4 12:00-4:15 Open Studio 1:00 Melody's Melodies 2-3 Women's Group *Career Counselor here	5 1:30 Avivo Choir 3:00 Self Care	6 1:00 Creative Writing 2-Men's Group 3:00 Housing 101	7 11-Comics 12-4:15 Open Studio 2:30 Meditation	8 Sun Room Not Available! 11-1 Open Studio 1:00 MI/CD 2:00 Open Mic! 2:30 Yoga	9
10	11 12:00-4:15 Open Studio 2-3 Women's Group	12 12:30-3:00 Reiki 1:30 Avivo Choir 3:00 Self Care	13 1:00 Creative Writing 2-Men's Group 3:00 Housing 101	14 Mental Health Rally 11-Comics 12-3 Open Studio 2:30 Meditation 3:30-6:30 ArtWorks Reception @U of M	15 11-1 Open Studio 1:00 Birthday Bingo 1:00 MI/CD 2:30 Yoga	16
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