Community Support Program
1825 Chicago Avenue
Minneapolis, MN 55404

ADDRESS SERVICE REQUESTED

“What the caterpillar calls the end of the world, the master calls a butterfly.” Richard Bach

HOLIDAYS IN: MARCH 2020
National Brain Injury Awareness
National Craft Month
National Women’s History Month
Nutrition Month
3/8    Daylight Savings Begins
3/14  Pi Day
3/17    Saint Patrick’s Day
3/19    Start of Spring/Spring Equinox

ACTIVITIES
3/4    Closed for CSP Staff event
3/6    Sarah’s Mural Workshop-1 to 3:00
3/10   Glue 101 at 12:00
3/11   Drawing Club (every Wednesday)@1:00
3/12   Mental Health Day on the Hill-van leaves at 10:00
3/13   Birthday Bingo & Open Mic=special bingo caller
3/18   Tai Chi at 2:30
3/18   Spiritual Listening at 3:15
3/20   Suminagashi 1-3:00
3/20   Gary’s Reception outing-5-7:00
3/25   Cooking w/Tess @1:00
3/27   Community Meeting + begins at 1:00
3/27   Art show deadline=3:00

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
Jane M.……………….612-752-8255
Leslie K………………..612-752-8260
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

Support Specialist
Kimmy…………………..612-752-8200
Mental Health Day on the Hill
March 12-Rally at the State Capital Rotunda from 11-12:00.
Van leaves at 10:00
This is the most important advocacy event of the year for the mental health community. Sign up for a seat on the van!

We will also have a letter writing campaign and sign making starting March 2nd!
Come in and make a sign for the Rally at the Capital!

Let’s get our voices heard & be seen.

ArtStudio News
Would you like to help paint a mural in the entry of the ArtWorks Studio? If so, show up at 1 PM on Friday, March 6. Sarah, our intern, and members of The Collective, will need your help!

Starting March 11, COMPAS Teaching Artist Katrina Knutson will be hosting Drawing Club every Wednesday until May 6. Katrina creates a positive, encouraging space where you can learn to draw, hone your skills, and share ideas. Each week is a new exploration in media and techniques: abstract, collage, portraits, still-life; watercolor, charcoal, pastel, pencil.

Attend the opening reception on Friday, March 20th at 5:30 PM for Fantastically Dazzling: The Brilliant Colors of Gary R. Melquist, solo exhibit featuring artwork from your fellow artist member Gary. The event is at the Hennepin Theatre Trust. Attend on your own or sign up for a spot on the van.

Lastly, we are currently accepting submissions until March 27 for an upcoming exhibit with Hennepin County Public Health. Artwork must have been made at Avivo and it can’t be larger than 16x20. Talk to Jes for more details!

New Group
1st & 3rd Wednesdays
2:30-3:15

Tai Chi
Tai Chi is a simple, gentle and easily-learned practice. It can be done standing or seated.

Spiritual Listening follows Tai Chi at 3:15
Spiritual Listening fosters connection, builds resilience, gives hope, and leads to overall well-being. A trained Spiritual Listener will meet one-on-one with you. If you are struggling with something they are available to listen. All sessions are strictly confidential that last about 20 minutes. Spiritual listening is not therapy, but an opportunity to share with a high trained, compassionate and nonjudgmental person. Mary from City House will be our instructor for both Tai Chi & Spiritual Listening.
Whole Health News

Riding the Wave

A surfer doesn’t fight the powerful ocean wave; he moves with the wave riding its natural tide. “Riding the wave” is also a psychological practice of surfing your own powerful and negative emotions. Fighting emotions such as sadness and anger delays the acceptance of these emotions. Riding the wave is about allowing your emotions to be with you without acting ineffectively. Like a tidal wave coming and going, you will get back to a place of calm rather than emotional turmoil.

Riding the wave is part of a larger behavioral psychotherapy model called Dialectical Behavioral Therapy (DBT). Originally designed to treat patients who were suicidal, exhibiting self-harming behaviors, as well as borderline personality disorder (BPD), DBT is now being used to treat depression, eating disorders, anxiety, and other mental health challenges. The overall goal of DBT is helping clients create “a life worth living” (Behavioral Tech, LLC 2014). Anyone can benefit from utilizing DBT skills.

Just as the waves in an ocean change, so do your emotions. Like waves, your emotions might be calm and peaceful one moment and at another rocky and unpredictable. In times of distress, one can experience emotional hyperactivity, also known as dysregulation, and cope with intense emotions in a harmful or ineffective way that can make the situation worse and cause someone to neglect long term priorities, goals and values. When you become dysregulated, it’s challenging to control and manage intense emotions.

You may be flooded and inundated with feelings and harmful urges. There may be a feeling of hopelessness as the emotions are too overwhelming to deal with. This is when riding the wave comes in handy. Urge surfing or riding the wave involves observing and coping with the experience without trying to change it. The more frequent tendency is to escape and/or attempt to fix an uncomfortable state of being, so riding the wave, sitting with the discomfort may seem unnatural. A surfer goes with the flow and rides a wave to its natural conclusion.

Often, intense feelings and urges seem like they will never end, leading us to amplify the experience and act on impulse. But, we want to ride the urges until they ebb and wash out. Riding the wave allows one to sit with his or her discomfort, sorrow, and pain, instead of fighting the feeling by acting impulsively and engaging in harmful and self destructive behavior. Although it can seem counterintuitive, accepting painful emotions allows for freedom from suffering.

Behavioral Tech, LLC (n.d.).

*What is DBT? | Behavioral Tech.*

[http://behavioraltech.org/resources/whatisdbtcfm](http://behavioraltech.org/resources/whatisdbtcfm)
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