March 2020

Schedule Changes
Please note we will be closed on Wednesday, March 4th.

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 612-645-2948
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

Avivo Community Support Program

What’s Going On!

Mental Health Day on the Hill!!!!
Thursday, March 12th leaving at 10am
Join CSP members and Steph for a trip to the State Capital to advocate for Mental Health Services! Please come and advocate for what is important to you. If you are willing to meet with your representative, check in with Steph so we can request a meeting! Really hoping to see you there!

Compas Art Workshops RETURN!!!
Mice Lee Anders- Photography Club
Fridays 1-3 June- August
Using different photography styles (portraits, still life, abstract images) participants document their surroundings. Everyone operates a digital camera and learns photography techniques such as rule of thirds and leading lines.
Compas will have up to 12 cameras that we can use during this art residency.

Celebrate Diversity
March 9-10: Holi, the annual Hindu and Sikh spring religious festival observed in India, Nepal and Sri Lanka, along with other countries with large Hindu and Sikh populations. People celebrate Holi by throwing colored powder and water at each other. Bonfires are lit the day before in the memory of the miraculous escape that young Prahlada accomplished when demoness Holika carried him into the fire. It is often celebrated on the full moon (the Phalguna Purnima) before the beginning of the Vernal Equinox as based on the Hindu calendar.

It’s Tax Time Again
Tax Update:
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 2019. As always, Mary Kay and Pam can assist with Rent Rebates—aka. Property Tax. Holly might be able to help with Income Tax. However, due to circumstances beyond her control, Holly will only be available to assist with tax completion until Thursday, March 19th. Please either stop by the CSP or call her at 612-752-8328 to schedule an appointment.

Group Update
Thursday’s exercise is evolving… Essential Fitness on Thursday will no longer be movement only using chair exercises. As we move away from a chair fitness class, please know that any exercise program can be adjusted to all skill levels. Join us on Thursday’s and have fun moving your body!

** New Group**
Sound Mediation & Healing
Starting this month we are introducing a special meditation. As you lie down and relax (or sit in a chair), soothing music will be played to help you fully unwind. Come and listen to beautiful singing bowls, steel drums and much more. The kick off date is March 12, 2:00-2:30. Guiding you through this meditation is Health and Wellness Coach Mary Newstrom.

Foam Roller Workshop
Thursday, March 26th at 1:15PM
What can help you get out knots in your muscles, improve flexibility, help reduce muscle soreness and pain, and is like having a massage with a therapist whose hands never get tired? It’s a foam roller. Foam rollers are almost magical when it comes to their benefits and they are super simple to use once you know the basics. Come to a special workshop on March 26, 1:15-2:00 to learn all about them. Led by special guest instructor Carla Johnson, Certified Fitness Coach and Yoga Instructor.

Art Group
Monday, March 9th and 30th at 12:30PM
This group will be lead by community volunteer Natalie!
What the heck is foam rolling?

Foam rollers are almost magical when it comes to their benefits. They can help get out knots in your muscles, improve flexibility, and help reduce muscle soreness and pain.

A foam roller is a lightweight, cylindrical tube of compressed foam. It may be used for many reasons, including increasing flexibility, reducing soreness, and eliminating muscle knots. Foam rolling is a method of self-myofascial release. Rollers come in different sizes and degrees of firmness. While foam rollers help relieve muscle tightness, inflammation and increase joint range motion, they are a useful tool to add to your warm-up or cool down before and after exercise.

But they are not just for athletes. If you have had a long day at work, foam rolling your back can get out a lot of the knots. Some people even claim that foam rollers help prevent cellulite.

What kind of foam roller should you get? If you are looking to target smaller parts of the body, look for a shorter foam roller. These usually are around 24 inches or smaller in length and are great to use on arms, calves, and other small areas. Longer rollers provide more stability and work exceptionally well on the back. Smooth foam rollers are best for people new to rolling. And choosing one that is on the softer/medium side may be best for a beginner as well. Want to see how they work? Join us at the foam roller workshop on March 26, 1:15-2:00.

March Birthdays:


Helping Hands!

Thank You January Volunteers!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat/Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Drop-In 11:30-4pm</td>
<td>3 Drop-In 11:30-4pm</td>
<td>4 CSP is closed for staff meeting</td>
<td>5 Drop-In 11:30-4pm</td>
<td>6 Drop-In 11:30-3pm</td>
<td>1/7/8</td>
</tr>
<tr>
<td>1p Employment Support Group</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement-Member led</td>
<td>12:30p Walk or Run: Indoors 2p Coping with Anxiety</td>
<td>11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness</td>
<td>12:30p Friday Fitness 1:45p Meditation with Goals</td>
<td>3/8 Daylight savings-Spring ahead!</td>
</tr>
<tr>
<td>9 Drop-In 11:30-4pm</td>
<td>10 Drop-In 11:30-4pm</td>
<td>11 Drop-In 11:30-4pm</td>
<td>12 Drop-In 11:30-4pm</td>
<td>13 Drop-In 11:30-3pm</td>
<td>14/15</td>
</tr>
<tr>
<td>12:30p Art with Natalie 2p Mindful Movement</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement OUT!</td>
<td>12:30p Creativity Group with Victoria 12:30p Chemical Health 1:30p Energy Challenge</td>
<td>10am Mental Health Day on the Hill</td>
<td>12:30p Planning Mtg 12:15p Spirituality 12:30p Friday Fitness 1:45p Hands-on Wellness</td>
<td></td>
</tr>
<tr>
<td>16 Drop-In 11:30-4pm</td>
<td>17 Drop-In 11:30-4pm</td>
<td>18 Drop-In 11:30-4pm</td>
<td>19 Drop-In 11:30-4pm</td>
<td>20 Drop-In 11:30-3pm</td>
<td>21/22</td>
</tr>
<tr>
<td>1p Employment Support Group</td>
<td>12:30p Birthday Bingo! 12:30p Walk or Run: Indoors 2p Coping with Anxiety</td>
<td>12:30p Creativity Group with Victoria 12:30p Chemical Health 1:30p Energy Challenge</td>
<td>11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 2p Sound Meditation and Healing</td>
<td>12:30p Friday Fitness 1:45p Meditation with Goals</td>
<td></td>
</tr>
<tr>
<td>23 Drop-In 11:30-4pm</td>
<td>24 Drop-In 12:30-4pm</td>
<td>25 Drop-In 11:30-4pm</td>
<td>26 Drop-In 11:30-4pm</td>
<td>27 Drop-In 11:30-3pm</td>
<td>28/29</td>
</tr>
<tr>
<td>12p Bowling with Dale $$$ (Limited space available) 2p Mindful Movement</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement OUT!</td>
<td>12:30p Creativity Group with Victoria 12:30p Chemical Health 1:30p Energy Challenge</td>
<td>11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness</td>
<td>11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 12:30p Friday Fitness 1:45p Hands-on Wellness</td>
<td></td>
</tr>
<tr>
<td>30 Drop-In 11:30-4pm</td>
<td>31 Drop-In 11:30-4pm</td>
<td>31 Drop-In 11:30-4pm</td>
<td>31 Drop-In 11:30-4pm</td>
<td>31 Drop-In 11:30-4pm</td>
<td>31 Drop-In 11:30-4pm</td>
</tr>
<tr>
<td>12:30p Art with Natalie 2p Mindful Movement</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement OUT!</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement</td>
<td>12:30p Walk or Run: Indoors 2p Mindful Movement</td>
<td></td>
</tr>
</tbody>
</table>

Underlined events require prior sign-up; schedule subject to change without notice.
Community Support Program
7000 57th Avenue N, Suite 100
Crystal, MN 55428

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.
3. Let Steph know if you choose one of these options, so we can take you off the mailing list. Thanks!

EVERYONE IS CREATIVE! **New Art/Crafts/Writing Group**

Wednesdays in March at 12:30 PM
We are all on a personal journey...
This group will explore ways to express through learning and creating using your own individual skills and ideas. All skill levels will benefit from this group.
Taught by a professional artist and published author who has taught at Bridgeview Drop in Center in Anoka County, MN.
I am currently the Activities Volunteer for two Assisted Living Facilities.
I am currently a member of AVIVO Drop in Center in Crystal MN.
I myself have been dealing with mental health issues which have been an obstacle which I am overcoming through my personal journey and networking with others who share their own experience, strength and hope with me. Creativity has helped me express myself and I have found much healing through this path....

Victoria Kelly