

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To RSVP call 612-752-8332 or email community.support@avivomn.org</p>	<p>1</p> <p>12pm to 2pm (Rick/Jes) Perspectives Photography Group (outdoor)</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>2</p> <p>2pm to 3pm (Kate/Rick) Online Zoom: Southern Blues which includes Art, Music and Food **Chris from FoodWorks will be joining**</p>	<p>3</p> <p>12pm to 1pm (Rick/Jes) Online zoom: Perspectives Photography Group</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>4</p> <p>1pm to 3pm (Rick/Kate) Online zoom: Arting Together</p> <p>3pm to 4pm (Rick/Jes) Online Zoom: Open Mic</p>
<p>7</p> <p>CLOSED LABOR DAY</p>	<p>8</p> <p>12pm to 2pm (Rick/Jes) Perspectives Photography Group (outdoor)</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>9</p> <p>1:30pm to 3:30pm (Kate/Rick) Art in the Park and Relook the Book (outdoor)</p>	<p>10</p> <p>12pm to 1pm (Rick/Jes) Online zoom: Perspectives Photography Group</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>11</p> <p>1pm to 3pm (Rick/Kate) Online zoom: Arting Together</p> <p>3pm to 4pm (Rick/Jes) Online Zoom: Open Mic</p>
<p>14</p> <p>11pm to 12pm (Rick) Online zoom: Check In</p>	<p>15</p> <p>12pm to 2pm (Rick/Kate) Perspectives Photography Group (outdoor)</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>16</p> <p>1:30pm to 3:30pm (Kate/Rick) Art in the Park (outdoor)</p>	<p>17</p> <p>12pm to 1pm (Rick/Kate) Online zoom: Perspectives Photography Group</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>18</p> <p>1pm to 3pm (Rick/Kate) Online zoom: Arting Together</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Open Mic</p>
<p>21</p> <p>11pm to 12pm (Rick) Online zoom: Check In</p>	<p>22</p> <p>12pm to 2pm (Rick/Jes) Perspectives Photography Group (outdoor)</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>23</p> <p>1:30pm to 3:30pm (Jes/Rick) Art in the Park and Zine Making (outdoor)</p>	<p>24</p> <p>12pm to 1pm (Rick/Jes) Online zoom: Perspectives Photography Group</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>25</p> <p>1pm to 3pm (Rick/Kate) Online zoom: Arting Together</p> <p>3pm to 4pm (Rick/Jes) Online Zoom: Open Mic</p>
<p>28</p> <p>11pm to 12pm (Rick) Online zoom: Check In</p> <p>1:30pm to 3:30pm (Kate/Rick) Art in the Park, Leatherwork Demo and Relook the Book (outdoor)</p>	<p>29</p> <p>12pm to 2pm (Rick/Jes) Perspectives Photography Group (outdoor)</p> <p>3pm to 4pm (Rick/Kate) Online Zoom: Art and Thrive</p>	<p>30</p> <p>1:30pm to 3:30pm (Jes/Rick) Art in the park and Zine Making (outdoor)</p>	<p>SEPTEMBER 2020</p>	

ArtWorks

Jes R.
Program Supervisor
612.404.5541

Kate P.
Mental Health
Professional
612-446-9119

Rick C.
Peer Specialist
763-321-0222

Open Position
Community
Coordinator



AVIVO

1900 Chicago Ave
Minneapolis, MN
55404

9/1: Gold Medal Park, Second Street and 11th Avenue South, Minneapolis, MN 55415

9/8: Smith Park, 8155 Park Ave S, Bloomington, MN 55420

9/9: Smith Park, 8155 Park Ave S., Bloomington, Meet at the Large Gazebo

9/15: Palmer Lake Environmental Nature Center, 2800 69th Ave N, Brooklyn Center, MN 55430

9/16: Becker Park, 5530 Douglas Dr N, Crystal

9/22: Boom Island Park, 724 Sibley St NE, Minneapolis, MN 55413

9/23: Minneapolis Sculpture Park, 726 Vineland Place, Minneapolis, Meet near the Blue Rooster

9/28: Smith Park, 8155 Park Ave S., Bloomington, Meet at the Large Gazebo

9/29: Veterans Park, 6335 Portland Ave S, Richfield, MN 55423

9/30: Minnehaha Falls, 4801 S Minnehaha Drive, Meet at Sea Salt

In Person Groups (outdoors):

****MASK & RSVP REQUIRED FOR ALL OUTDOOR GROUPS****

Perspectives: An in-person/in the community photography group that will focus on using a camera to express your perspectives on mental health, recovery, and the world around you. We will explore different parts of Hennepin County and utilize a variety of photographic techniques to create narratives based in this visual medium. You can use your cell phone camera or borrow one from us! Also, check-out the Perspectives Zoom group on Thursdays!

Leather Demo Watch and observe Rick do a live demonstration of carving a leather wallet, with information about basic tools and techniques.

In Person Groups continued:

Art in the Park: Art in the Park is a great opportunity to meet in person, check in, and make art. It's the closest way we can re-create Open Studio. This month will have art demos on book art, photography, zine making, and leatherworking. We will also provide art kits, but you can bring your own supplies.

Art demo details:

Relooking the Book

Kate will lead you in an exercise using books to expand your creativity and open your mind. We will provide the supplies!

Zine Making: Jes will share with you some zines she has made and show you how to make your own artist book with a single sheet of paper!

Zoom Groups (online):

****RSVP REQUIRED FOR ALL ONLINE GROUPS****

Southern Blues: Art, Music & Food. Join this mind and soul fulfilling conversation!

Monday Check-In: Start your week with a meeting, just to say hi and get the week going!

Art & Thrive: An ongoing support group for all creative members who are looking to stay connected and discuss artistic goals.

Perspectives: Will be a chance for everyone to get together and share their photos and stories. Whether you join us for in-person *Perspectives* on Tuesdays, or go out and take your own photos during the week, this group will be a great place to give and receive feedback about your own and others' photos, create narratives through photography about mental health and recovery, and learn about photographic techniques. Please be sure to email or text photos you would like to share ahead of time to Rick!

Arting Together: The closest thing we can do remotely via Zoom to create the Open Studio experience is doing art in the accompany of others while in your own home! We can talk, share what we are working on, and laugh at the same time. How fun!

Open Mic: Join fellow members and staff to share your artistic side, whether it's poetry, spoken word, music, comedy, story-telling, or even visual art you would like to share and talk about. Express your creativity and receive feedback from your peers .

FoodWorks

Steph W.
Program Supervisor
612.210.1393

Mary N.
Wellness Coach
612.499.7955

Chris H.
Peer Specialist
612-447-9566

Tina W.
Community Coordinator
Number coming Soon



AVIVO

1900 Chicago Ave
Minneapolis, MN 55404

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To RSVP call 612-752-8332 or email community.support@avivomn.org</p>	1	2	3	4
7	8	9	10	11
<p>CLOSED LABOR DAY</p>	2pm to 3pm (Chris) Grocery shopping in a pandemic (outdoor)	11am to 12pm (Mary) Online zoom: Sound Healing 3pm to 4pm (Chris) Online zoom: Mindful Movement	1pm to 2pm (Mary) Online zoom: Fitness 3pm to 4pm (Chris) Prideful Gathering (outdoor)	10am to 11am (Steph/Tina) Community Garden (outdoor)
14	15	16	17	18
10am to 11am (Steph/Tina) Community Garden (outdoor) 12:30pm to 1:30pm (Mary) Fitness in a park (outdoor)	12pm to 1pm (Chris) Gratitude Giving (outdoor) 1pm to 2pm (Mary) Sound Healing in a park (outdoor)	10am to 11am (Steph/Tina) Community Garden (outdoor) 12:30pm to 1:30pm (Mary) Group Wellness Discussion (outdoor) 2pm to 3pm (Steph & NatureWorks) Bird watching at Roberts Bird Sanctuary (outdoor) 3pm to 4pm (Chris) Online zoom: Mindful Movement	10am to 11am (Chris) Online zoom: Writers Playhouse part 1 10am to 11am (Steph/Tina) Community Garden (outdoor) 1pm to 2pm (Mary) Online zoom: Fitness	10am to 11am (Steph/Tina) Community Garden (outdoor) 12pm to 1am (Mary) Power of plants (outdoor)
21	22	23	24	25
10am to 11am (Steph/Tina) Community Garden (outdoor) 12:30pm to 1:30pm (Mary) Fitness in a park (outdoor)	1:30pm to 2:30pm (Mary) Tea tasting (outdoor)	10am to 11am (Steph/Tina) Community Garden (outdoor) 12:30pm to 1:30pm (Mary) Online zoom: Sound Healing 3pm to 4pm (Chris) Online zoom: Mindful Movement	10am to 11am (Chris) Online zoom: Writers Playhouse part 2 10am to 11am (Steph/Tina) Community Garden (outdoor) 1pm to 2pm (Mary) Online zoom: Fitness	10am to 11am (Tina) Community Garden (outdoor)
28	29	30	<div style="background-color: #e91e63; color: white; padding: 20px; text-align: center; font-size: 2em; font-weight: bold;">SEPTEMBER 2020</div>	
10am to 11am (Steph/Tina) Community Garden (outdoor) 12:30pm to 1:30pm (Mary) Fitness in a park (outdoor) 3pm to 4pm (Chris) Prideful Gathering (outdoor)	11am to 12pm (Mary) Online zoom: Sound Healing	10am to 11am (Steph/Tina) Community Garden (outdoor) 3pm to 4pm (Chris) Online zoom: Mindful Movement		

2nd: Wood Lake Nature Center, 6710 Lake Shore Drive, Richfield. Bus Line 4. Meet near the steps going into the park by the parking lot

4th: Meet at Avivo 1825 Chicago and walk over to the garden space

8th: Meet at Avivo 1825 Chicago and walk over to the garden space

10th: Loring Park is located at 1382 Willow Street, Minneapolis. Bus line 604

11th: Meet at Avivo 1825 Chicago and walk over to the garden space

14th: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

14th: Bassett Creek Park, 5715 32nd Ave N, Crystal. Bus Line 717 **(12:30pm)**

15th: Meet at Avivo 1825 Chicago and walk over to the garden space **(Both groups)**

16th: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

16th: Smith Park, 8155 Park Ave S, Bloomington. Meet by the large gazebo near Park Ave Parking lot. Busline 5 **(12:30pm)**

16th: 4124 Roseway Drive, Minneapolis 55408, Meet in Japanese Garden. Note there is a park pay lot near garden. Free parking available on nearby streets, # 4 bus closest bus stops at Bryant Ave and 41st Street **(2pm)**

17th: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

18th: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

18th: Hamilton Park, 6101 Candlewood Drive, Brooklyn Park. Bus Line 723 **(12pm)**

21st: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

21st: Veterans Memorial Park, 6335 Portland Ave, Richfield, Meet at the large shelter next to parking lot. Bus line 495 **(12:30pm)**

22nd: Dakota Park, 2643 Dakota Ave S, St. Louis Park, by the dog park parking lot, Bus line 17

23rd: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

24th: Meet at Avivo 1825 Chicago and walk over to the garden space

25th: Meet at Avivo 1825 Chicago and walk over to the garden space

28th: Meet at Avivo 1825 Chicago and walk over to the garden space **(10am)**

28th: Becker Park, 5530 Douglas Drive North, Crystal. Meet on the south side by the tennis courts. Bus line 721 **(12:30pm)**

28th: Loring Park is located at 1382 Willow Street, Minneapolis. Bus line 604 **(3pm)**

30th: Meet at Avivo 1825 Chicago and walk over to the garden space

In Person Groups (Outdoor):

****MASK & RSVP REQUIRED FOR ALL OUTDOOR GROUPS****

Adventure walk looking for mushrooms: Join us for a fun walk as we look for and identify different types of mushrooms. Bring bug spray, suntan lotion and water

Grocery shopping in a pandemic: Meet at Avivo 1825 Chicago and then walk over to the garden space. We will explore topics like keeping fruits and veggies safe; navigating anxiety while grocery shopping and how to prepare a healthy and delicious salad wrap

Prideful gathering: Head out to Loring park to have fun and meet with fellow LGBT members and Allies. Bring your favorite drink and we will meet at the tennis courts and move to a safe space to enjoy time together

Community Garden: 1825 Chicago Ave West side of the building. Bus Line 5. Join us to clean up old garden spaces to get ready for next year. We will be using the colder months to plan out what goes into the gardens but before then we can organize the spaces around

Fitness: Join us for an invigorating exercise class followed by a short discussion on nutrition to support your exercise plan. No equipment needed. Bring a yoga mat/ blanket to lie down on. Don't forget your water

Gratitude giving's: 1825 Chicago Avenue to meet and then walk over to the garden space. Have you ever wanted to thank someone in your own way but did not quite know how? This group is an activity around thank-you making and giving. Get your markers and color pencils! We are going to thank up a storm

Sound Healing Meditation: Zoom Sound Healing Meditation: Guided meditation with relaxing music to help you wash away your anxiety and worries. No meditation experience needed

Group wellness discussion: Come together and learn about nutrition that can support your exercise routine to live a healthy life. Bring a lawn chair or blanket to sit on, bug spray, suntan lotion and water

Bird watching: See details on NatureWorks Calendar

Power of plants: Learn about the use of plants for healing around the world. Bring a lawn chair or blanket to sit on, bug spray, suntan lotion and water

Tea tasting: Join us for this fun and lively group to taste tea. There are five different types of tea. We will be tasting and comparing two today and learning more about their history. Dive deep and become a connoisseur of teas! Bring a lawn chair or blanket to sit on, bug spray and suntan lotion. Mask required when not drinking the tea

Online Zoom:

Mindful Movement: We will move slowly and intentionally through stretching, breathing, and a little exercise. This can be done in a chair or standing. You do not need to be flexible to do this class, it is open to all fitness levels and can be adapted to any body.

Fitness: Join us for an invigorating exercise class followed by a short discussion on nutrition to support your exercise plan. No equipment needed. Have a mat or blanket to lie on and water nearby. **RSVP Required**

Sound Healing Meditation: Description listed under outdoor groups. This will also be offered ONLINE

Writers playhouse (part 1 and 2): Attention all aspiring writers: Come join us as we develop fun creative stories around wellness! A newsletter making group answering questions about what makes a healthy lifestyle. What gets you moving? What are some of your favorite healthy recipes? We will compile stories and create a newsletter to email out to you. **RSVP Required**

NatureWorks

Bekele A.
Program Supervisor
Number coming soon

Open Position
Wellness Coach

Pam S.
Community Coordinator
612-532-1713

Michael N.
Peer Specialist
Number coming soon



1900 Chicago Ave
Minneapolis, MN 55404

SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To RSVP call 612-752-8332 or email community.support@avivomn.org</p>	<p>1 12pm to 3pm (Pam/Michael/Bekele) Walk/meet and greet AND Print Making (1:30pm to 3pm) (outdoor)</p>	<p>2 2pm to 3:30pm (Pam/Michael) Make a paper crane and explore Peace Garden (outdoor)</p>	<p>3 12pm to 1pm (Pam) Online zoom: Coping with anxiety 2pm to 3:30pm (Pam/Michael) Mini golf (outdoor)</p>	<p>4 2pm to 3pm (Pam) Online zoom: MICD Recovery Support</p>
<p>7 CLOSED LABOR DAY</p>	<p>8 12pm to 1:30pm (Pam/Michael) Walk and frisbee golf (outdoor)</p>	<p>9 2pm to 3:30pm (Pam/Michael) Nature scavenger hunt (outdoor)</p>	<p>10 12pm to 1pm (Pam) Online zoom: Coping with anxiety 2pm to 3:30pm (Pam/Michael/Bekele) Meet and greet for new staff (outdoor)</p>	<p>11 12pm to 1pm (Pam) Online zoom: Smart wellness 2pm to 3pm (Pam/Michael) MICD Recovery Support (outdoor)</p>
<p>14 12pm to 1pm (Pam) Online zoom: Nature watch 2pm to 3:30pm (Pam/Michael/Bekele) Meet and greet for new staff (outdoor)</p>	<p>15 12pm to 1:30pm (Pam/Michael) Walk and socialize (outdoor)</p>	<p>16 2pm to 3:30pm (Pam/Michael/Stephanie) Bird watching at Roberts Bird Sanctuary (outdoor)</p>	<p>17 12pm to 1pm (Pam) Online zoom: Coping with anxiety 2pm to 3:30pm (Pam/Michael) Walk and socialize in a park (outdoor)</p>	<p>18 12pm to 1pm (Pam) Online zoom: Smart wellness</p>
<p>21 12pm to 1pm (Pam) Online zoom: Nature watch</p>	<p>22 12pm – 1pm (Pam/Michael) Social group (outdoor) 2pm to 3pm (Pam) Online zoom: Telling our stories write together</p>	<p>23 11am – 12:30pm (Pam/Michael) Outdoor photography **Rick from ArtWorks will be joining**</p>	<p>24 12pm to 1pm (Pam) Online zoom: Coping with anxiety 2pm to 3:30pm (Pam/Michael) Walk and socialize in a park (outdoor)</p>	<p>25 12pm to 1pm (Pam) Online zoom: Smart wellness 2pm to 3pm (Pam/Michael) MICD Recovery Support (outdoor)</p>
<p>28 12pm to 1pm (Pam) Online zoom: Nature watch 2pm to 3:30pm (Pam/Michael) Walk and socialize in a park (outdoor)</p>	<p>29 12pm to 1:30pm (Pam/Michael/Bekele) Walk and socialize in a park (outdoor)</p>	<p>30 2pm to 3:30pm (Pam/Michael) Nature meditation walk (outdoor)</p>		

- 1st:** Becker Park, 5530 Douglas Dr N/Crystal/Meet near shelters by parking lot off Douglas Ave
- 2nd:** Lake Harriet, 4124 Roseway Drive, Minneapolis 55408, Meet in Japanese Garden. Note: parking lot near garden is PAYLOT. Free parking available on nearby streets, # 4 bus closest bus stops at Bryant Ave and 41st Street
- 3rd:** Veterans Memorial Park, 6335 Portland Ave/Richfield/Meet at large shelter near free parking lot
- 8th:** Bassett Creek Park, 5715 32nd Ave N/Crystal/For walk Groups meet in free parking lot by dog park. Shelters are located slightly south off Welcome Ave
- 9th:** Minnehaha Falls, 4801 Minnehaha Ave, Minneapolis, MN 55417. Meet near Falls/ Sea Salt area. #7 bus and Metro mobility drop off at falls area. Lightrail stop 50th on Blue Line. Lots near falls are pay lots .Free Parking and #23 bus stop is up in Wabun Picnic area- you will need to walk down to falls area
- 10th:** Richfield Towers, 7717 Chicago Ave/Richfield/Meet on the patio off 77th Avenue [also check patio off parking lot] free parking on nearby street
- 11th:** Smith Park, 8155 Park Ave S/Bloomington/Meet in large gazebo near Park Ave free parking lot
- 14th:** Powderhorn Park/Meet near parking lot near 15th Avenue South and 35th Street East, Mpls. #14 bus Bloomington Ave & 35th St
- 15th:** Becker Park, 5530 Douglas Dr N/Crystal/Meet near shelters by free parking lot off Douglas Ave
- 16th:** Lake Harriet, 4124 Roseway Drive, Minneapolis 55408, Meet in Japanese Garden. Note: parking lot near garden is PAYLOT. Free parking available on nearby streets, # 4 bus closest bus stops at Bryant Ave and 41st Street
- 17th:** Smith Park, 8155 Park Ave S/Bloomington/Meet in large gazebo near Park Ave free parking lot
- 22nd:** Bassett Creek Park, 5715 32nd Ave N/Crystal/For walk Groups meet in free parking lot by dog park. Shelters are located slightly south off Welcome Ave
- 23rd:** Sculpture Garden, 726 Vineland Place, Minneapolis, 55403 Meet near blue chicken. On #4, #6 bus lines; Pay lot at 400 vineland Place.
- 24th:** Veterans Memorial Park, 6335 Portland Ave/Richfield/Meet at large shelter near free parking lot
- 25th:** Smith Park, 8155 Park Ave S/Bloomington/Meet in large gazebo near Park Ave parking lot
- 28th:** Powderhorn Park, meet near parking lot near 15th Avenue South and 35th Street East, Mpls. #14 bus Bloomington Ave & 35th St
- 29th:** Becker Park, 5530 Douglas Dr N/Crystal/Meet near shelters by parking lot off Douglas Ave
- 30th:** Minnehaha Falls, 4801 Minnehaha Ave, Minneapolis, MN 55417. Meet near Falls/ Sea Salt #7 bus and Metro mobility drop off at falls area. Lightrail stop 50th on Blue Line. Lots near falls are pay lots .Free Parking and #23 bus stop is up in Wabun Picnic area- walk down to falls area.

In Person Groups (Outdoor):

****MASK & RSVP REQUIRED FOR ALL OUTDOOR GROUPS****

Meet and Greet New Nature works Staff: Meet our new staff members: Bekele and Michael

Print making with found objects from nature: Bring your own objects, wear or bring something that can get pain on it, We will provide some objects, paint and paper

Explore Peace Garden/ Make a Paper Crane: Discover the beauty and serenity of a Japanese Garden. Paper provided if you chose to create a paper crane

Mini golf: Avivo will cover cost for a round of mini golf at Veteran’s Memorial Park! Old fashioned summer fun!

Frisbee Golf: If you enjoy a challenge and friendly competition Bassett Creek offers a Frisbee golf course – Frisbee's provided or bring your own. You can walk or relax and birdwatch by pond

Nature scavenger hunt: Challenge yourself to observe nature more closely by joining our “ hunt’!

Walk/Socialize: Meet in a park shelter to chat with other members. Please bring your own mask, water bottle and if possible, a camp/folding chair

CSP Advisory Board Meeting: The Advisory Board is an opportunity for those who want to help shape and guide the CSP to be the best program possible! It is an opportunity for members who want to provide feedback on how the program can improve, grow and change to best fit member’s needs

Bird Watching: We see what feathered friends we can spot in this little piece of wilderness in the city. Bring binoculars if you have them but not required. A list of common birds seen in our area provided

Photographing outdoors: We will share tips as we try to capture the beauty around us in outdoor photography. Bring your own camera or smart phone

MICD Recovery Support: Open support group for anyone in recovery from chemical dependency and mental illness. RSVP

Walking nature meditation: After listening to short meditation designed to sharpen our senses, we will walk with heightened perception of our environment and then share our experience

Zoom Groups (Online):

Coping with Anxiety: We will learn and share strategies for coping with anxiety and support each other.

SMART Wellness: We support each to increase our “Health Awareness” and pursue our own wellness goals

Nature Watch: In this zoom event we will explore the world together ! Watch a short video over zoom together and discuss with the group.

MICD Recovery Support: Description listed under outdoor groups. This will also be offered ONLINE.

Telling our stories write together: Unearth your inner James Baldwin, Sherman Alexi or Virginia Wolfe! We will write together in response to a prompt then those who choose to will share their writing with group