



Avivo Community Support Program

WHAT'S NEW – DECEMBER 2020



Quick updates:

CSP Schedule

To observe upcoming holidays, we will be closed on December 25 and January 1.

How to Become a Member

Avivo CSP offers recovery-focused, flexible, easy-access services for adults who live with mental illness and reside in Hennepin County. For information call 612-752-8350.

Zoom Instructions:

Join a meeting by smart phone, tablet, or computer, click through a Zoom link provided by CSP staff via email => once you click on the link follow the prompts to download and run Zoom. If you have downloaded already you will not get that prompt => click to join the audio conference => when you're in the meeting, click the Start Video and Unmute buttons.

Check with staff if you want to join Zoom by phone.

December Gift Bags – Sign up for your bag today!

We are excited to share about a special project we have been developing! In the past, every December we would offer our popular Holiday parties, where we would gather as a community to celebrate the season and embrace generosity. Due to COVID, we are not able to host these events. Instead, we are offering GIFT BAGS and staff are ready to take RSVP's until we run out. Due to COVID we will be offering individualized pick up or drop off for those members who RSVP for a gift bag.

Call or email one of the supervisors to RSVP for your bag:

Steph: 612-210-1393 or stephanie.wagner@avivomn.org

Jes: 612-404-5541 or jes.reyes@avivomn.org

Katie: 612-450-7538 or katie.foy@avivomn.org

This amazing free bag includes the following:

- 2021 wall calendar featuring the photography from the CSP's Perspectives Photo Club
- 2021 pocketbook calendar
- Avivo gear: t-shirt, tumbler, water bottle, pen, stress ball, and tote bag
- A festive treat for at home
- Awesome CSP sticker with featuring our logos designed by Avivo ArtWorks Collective Member Ruth Lais
- Hygiene kits
- And possibly more!



**CSP staff say hello from our Minneapolis garden space!
We can't wait to start delivering the gift bags!**

Thanks for being amazing members! Happy New Year!

DECEMBER GROUPS & ACTIVITIES

Groups marked with *** are in person (mask required). All in person events are subject to change per CDC, MDH, and Avivo guidelines. RSVP is required at least 24 hours in advance. Staff reach out at least a day in advance if there are group updates. For all in person events, a Zoom alternative will be offered if outdoor activity is cancelled due to weather. If you have RSVP'd to a group, you will receive a communication if the group is cancelled.

Avivo is a tobacco-free organization. Thank you for helping us extend this policy during online & in person groups.

ARTWORKS

Finding Compositions: Mondays at 12 – 1 PM***

Group locations:

December 14: Basset Creek Park: 5609 32nd Ave N, Crystal, MN 55422

December 21: Smith Park, 8155 Park Ave S, Bloomington, MN 55420

December 28: Loring Park, 1382 Willow St., Minneapolis, MN 55403

Take a walk with ArtWorks to use cityscapes and nature to help find your next drawing, painting, doodle, or poem! Dress warmly!

Open Studio: Mondays, 2– 4 PM on Zoom

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

Let's Dance: Tuesdays, 11 AM – 12 PM on Zoom

In Let's Dance, we will utilize our bodies to express ourselves through dance. We will explore different dance forms such as Umfundalai (MAH-FOON-DAH-LAH), a contemporary African dance technique. In addition, we will use improvisation as a tool to create our own movement. Through class, we will build community, reflect, and connect to the powerful benefits of dance. Come join in!

Mindful Art: Wednesdays at 11 AM on Zoom – art kit provided!

Let meditation help draw out new artwork. We will be exploring various art mediums while also looking inwards. This is a space for self-expression and self-exploration through the art making process. We will be providing kits for this group, including supplies for sand art, so you will want to RSVP as soon as you can.

Perspectives: Tuesdays at 3 – 4 PM on Zoom

With the colder weather coming, we will be moving Perspectives Photo Club entirely online. Please join us to share photos you've taken, see other members photos, and give and receive feedback. There will also be a photography lesson every week, along with an accompanying instructional video.

Staff contact info:

Manager

Brenda:

612-702-0716

Supervisors

Steph (FoodWorks):

612-210-1393

Jes (ArtWorks):

612-404-5541

Katie (NatureWorks):

612-450-7538

Specialists

Kate, Mental Health

Professional: 612-446-

9119

Robert, Housing

Coordinator:

612-202-4367

Georgia, Housing

Coordinator:

612-396-9421

J-D, Employment

Coordinator:

612-447-9420

Community Coordinators

Leanna (ArtWorks):

612-447-9566

Pam (NatureWorks):

612-532-1713

Wellness Coaches

Mary (FoodWorks):

612-499-7955

Bushra (ArtWorks):

612-423-5351

Amanda

(NatureWorks):

612-222-0251

Peer Specialists

Rick (ArtWorks):

763-321-0222

Michael (NatureWorks):

612-499-7960

Chris (FoodWorks):

612-619-5069

CSP Main Lines:

612-752-8350 or 612-752-8300

CSP Group RSVP line:

612-752-8332

Write Now: Wed., December 9, 23, 30, 12 – 1 PM on Zoom

In an accessible, supportive, stimulating, and relaxed environment, you can share your words. Write your next poem, short story or more by attending this group. On December 9th, Georgia, our Housing Coordinator, will be a guest facilitator! “I am a lover of poetry and writing! I am looking forward to sharing with you all three poems on transitions and how nature teaches us to be present: Wild Geese by Mary Oliver, The November Guest by Robert Frost, and The Peace of Wild Things by Wendell Barry. We will read the poems together and reflect on what comes up for us in writing and in word.” Hope you are able to join us!

Art 4 Social Change: Thursday, December 10 & 17, 11 AM – 12 PM

Are you passionate about arts and social justice? Do you want to be part of art for social change projects? Do you want to meet other artist members who want to do this too? Then this is the group for you! Help develop and plan upcoming member driven CSP projects like murals, art shows, and collaborations.

Drawing Club: Fridays, 1 – 2 PM on Zoom (November 6 – January 22) (Full – open waitlist)

Learn to draw, hone your skills, share ideas with peers in a positive, encouraging space where artists of all skill levels explore drawing with a variety of media. Each week is a new exploration in media and techniques: abstract, collage, botanical, portraits, blind contour drawing, still-life, watercolor, charcoal, pastel, pencil. Each member signed up ahead of time will receive supplies to participate.

NATUREWORKS

Nature Fix on Zoom: Tuesdays, 12 – 1:30PM

We will drop off supplies for you to do this craft at home! Enjoy the creation of ornaments for the winter season.

Second Nature: Thursdays, 2 – 3:30pm

Join us for *Second Nature*, a Zoom Wellness Series where we bring nature indoors as we prepare for winter. We will be streaming the documentary *My Octopus Teacher* (2020) and exploring themes of eco-therapy.

Senses and Steps: Thursdays, 3 – 4 PM ***

Group locations:

December 3: Becker Park, 6225 56th Ave N Crystal, MN 55428

December 10: 1825 Chicago Ave S Minneapolis MN 55404

December 17: Smith Park, 8155 Park Ave S Bloomington, MN 55420

December 24: Becker Park, 6225 56th Ave N Crystal, MN 55428

December 31: 1825 Chicago Ave S Minneapolis MN 55404

Sights, and sounds, and smells oh my! Come observe and explore your five senses while taking a walk outside in Minnesota's winter wonderland.

FOODWORKS

Tea Tasting: Friday, December 18, 11 – 12:30 PM

Join us for a fun and lively discussion on different teas from around the world. You will have the opportunity to try 3 different teas and decide for yourself which one you like.

Since this is on Zoom, please RSVP at least 5 days in advance so the tea can be dropped off at your home. Dive deep and become a connoisseur of tea!

Delicious Demonstrations: Wed., December 9, 23, 30, 1 - 2 PM on Zoom

Join us to observe simple recipes you can make at home. We will make sure recipes can be flexible to include ingredients that can include on hand. Hope to see you there! When you RSVP you will receive an herb growing kit.

Relish in our Recipes: Tues., December 8, 15, 22 2 - 3 PM ***

Group locations:

December 8: Becker Park, 6225 56th Ave N Crystal, MN 55428

December 15: Smith Park, 8155 Park Ave S Bloomington, MN 55420

December 22: 1825 Chicago Ave S Minneapolis MN 55404

Join us to receive your copy of Good and Cheap Cookbook and recipe box with recipe cards. We will share our favorite healthy recipes with each other and gain new ideas with a cookbook that provides affordable recipes!

Burrito Basics: Tues., December 1, 29 2 - 3 PM ***

Group locations:

December 1: 1825 Chicago Ave S Minneapolis MN 55404

December 29: Becker Park, 6225 56th Ave N Crystal, MN 55428

Burrito versatility is amazing! Have you ever noticed how you can fill them with whatever you like for any meal? In this group we will demonstrate a burrito fold and provide you with the ingredients to make your own burrito at home.

OTHER WELLNESS GROUPS, ACTIVITIES AND NEWS:

Check In: Mondays from 11 AM - 12 PM on Zoom

Do you need help getting the week started? Would you like a group to check in with on a weekly basis? Every Monday we offer a time to talk about what's ahead, what we might be up to, or whatever we need to discuss to get and stay motivated.

Fitness: Mondays, 12 PM - 1 PM, & Thursdays, 1 - 2 PM on Zoom

Join us for an invigorating class followed by a short discussion on nutrition to support your exercise plan. No equipment needed. Bring a yoga mat or blanket to lie down on.

BIPOC Affinity Group: Wednesdays, 2 - 3 PM, Zoom

An online healing space for members who racially identify as Black, Indigenous or a person of color (BIPOC). This identity-based space serves as a healing journey to deepen our recovery through historical, ancestral and cultural themes.

Mindful Movement: Wednesdays, 3 - 4 PM on Zoom

Let's 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 anybody. We start the class with a short meditation to calm the mind and then move into movement.

Coping with Anxiety: Thursdays, Dec. 3, 10, & 17, 12 – 1 PM on Zoom

Together we will learn and share strategies for coping with anxiety and support each other during these uncertain times.

Book Club: *My Grandmother's Hands*, Wednesday, Dec. 2 & 16, 30, 12 – 1:30 PM on Zoom

Join us as we continue reading a sensitive and probing book that delves into the complex effects of racism and white privilege. Books are provided. Led by Avivo Staff and Members.

Reliable Resumes & Job Research: Fridays, Dec. 11 & 18, 12 – 1 PM on Zoom

This resume workshop provides detailed explanations and step-by-step instructions for creating an effective resume. I will also provide quick tips and resources for job searching and an exciting PowerPoint slide presentation.

Open Thoughts, December 11 & 18, 2 – 3 PM

Receive support and kindness within in online space to connect and share thoughts. Kate leads the discussion with prompts from art, food, and nature.

TIDBITS



Are you looking for a therapist? If so, we have one on staff! Please meet Kate: “My years of experience in systemic therapy, somatic and experiential art therapy and visual communication allows me to be a profound listener, and help translate that listening into embodied expression, awareness and communication that acknowledges the human spirit.”
Learn more about Kate by contacting her by phone at 612-446-9119.

HEALTH & WELLNESS: GETTING THE WORD OUT



Each month A CSP Wellness Coach offers a tip to encourage staying healthy and well. We believe that addressing overall wellness – health, social and economic wellness – is the foundation of making lasting change in the lives of people we serve.

How to Beat the Flu

By Mary, FoodWorks Wellness Coach

Eat to beat colds, flu, and more.

Flu season is here, and with the COVID-19 threat as well, it is more important than ever to strengthen your immune system. One of the best ways to do that is to make sure you eat foods rich in immune-supporting nutrients. Try eating various fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein, and antioxidants your body needs.

There are several good foods to always have in your diet, such as citrus fruits, bell peppers, garlic, broccoli, ginger, spinach, yogurt, almonds, sunflower seeds, turmeric, green tea, and papaya (to name a few).

Variety is the key to proper nutrition, which plays a vital role in our physical and mental health. Be sure to eat different types of foods throughout the day and remember to pay attention to serving size and recommended daily intake, so you don't get too much of one vitamin while missing others.

Did you know that CSP Wellness Coaches can engage in conversations around nutrition? If you are interested in getting support to build a healthy lifestyle, contact Mary, Amanda, or Bushra to schedule a one-on-one meeting

Community Resources:

Mental Health Support:

United Way 211: 651-291-0211

Peer Support Connection: 1-844-739-6369

Mental Health MN Warmline: 651-288-0400, 1-877-404-3190 or text "support" to 85511

Crisis Text Line: MN741741 or **CRISIS

COPE: 612-596-1223

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

Metro Transit: 612-373-3333

MN Recovery Connection: 612-584-4158

NAMI: 651-645-2948

Chemical and mental health resources: <http://www.fasttracker.org>

COVID cares stress support line: 833-HERE-4MN

COVID support group via Zoom: www.riverridgemn.com

Local Food Shelves:

NEAR 763-533-2836

CEAP 763-450-6371

VEAP 952-888-9616

Emergency Food Network 763-450-3860

PRISM 763-529-1350

Grovelandfoodshelf.org

Loaves & Fishes:

(Bloomington) 952-948-0746

(Richfield) 612-869-7700

ArtWorks Resources:

Springboard for the Arts- www.springboardforthearts.org

Mn Artists- www.mnartists.org

Forecast Public Art- <https://forecastpublicart.org/>

Northeast Minneapolis Arts Association: <https://www.nemaa.org/>

Disability Hub: www.disabilityhub.org

Minnesota State Arts Board: <http://www.arts.state.mn.us/>

Minnesota Citizens for the Arts: www.artsmn.org

Metropolitan Regional Arts Council: <https://mrac.org/>

FoodWorks Resources:

<https://reallifegoodfood.umn.edu/>

<https://sites.google.com/umn.edu/nutrition-basics/home>

<https://sites.google.com/a/umn.edu/let-s-cook-and-eat-healthy/>

<https://extension.umn.edu/nutrition-education/snap-ed-educational-offerings>

NatureWorks Resources:

www.threeriversparks.org

<https://www.dnr.state.mn.us>

www.minneapolisparcs.org

Do you know of a resource we should know about? Email community.support@avivomn.org with your suggestions so that we can add it to the next calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>RSVP for groups required at least 24 hours in advance</p> <p>Outdoor groups may move online due to weather or increased COVID restrictions to reduce community spread</p>	<p>1</p> <p><u>Zoom:</u> 11am Let's Dance 12pm Nature Fix 3pm Perspectives</p> <p>In person Avivo Mpls: 2pm Burrito Basics</p>	<p>2</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Book Club 2pm BIPOC Affinity 3pm Mindful Movement</p>	<p>3</p> <p><u>Zoom:</u> 12pm Coping with Anxiety 1pm Fitness 2pm Second Nature</p> <p>In person Becker Park: 3pm Senses & Steps</p>	<p>4</p> <p>All staff meeting 8am – 4pm</p> <p><u>Zoom:</u> 1pm Drawing Club</p>
<p>7</p> <p><u>Zoom:</u> 11am Check In 12:30pm Fitness 2pm Open Studio</p>	<p>8</p> <p><u>Zoom:</u> 11am Let's Dance 12pm Nature Fix 3pm Perspectives</p> <p>In person Becker Park: 2pm Relish in our Recipes</p>	<p>9</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Write Now with guest facilitator 1pm Delicious Demonstrations 2pm BIPOC Affinity 3pm Mindful Movement</p>	<p>10</p> <p><u>Zoom:</u> 11am Art 4 Social Change 12pm Coping with Anxiety 1pm Fitness 2pm Second Nature</p> <p>In person Avivo Mpls: 3pm Senses & Steps</p>	<p>11</p> <p><u>Zoom:</u> 11am Food for Thought 12pm Reliable Resumes & Job Search 1pm Drawing Club 2pm Open Thoughts</p>
<p>14</p> <p><u>Zoom:</u> 11am Check In 12:30pm Fitness 2pm Open Studio</p> <p>In person Basset Creek: 12pm Finding Compositions</p>	<p>15</p> <p><u>Zoom:</u> 11am Let's Dance 12pm Nature Fix 3pm Perspectives</p> <p>In person Smith Park: 2pm Relish in our Recipes</p>	<p>16</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Book Club 2pm BIPOC Affinity 3pm Mindful Movement</p>	<p>17</p> <p><u>Zoom:</u> 11am Art 4 Social Change 12pm Coping with Anxiety 1pm Fitness 2pm Second Nature</p> <p>In person Smith Park: 3pm Senses & Steps</p>	<p>18</p> <p><u>Zoom:</u> 11am Tea Tasting 12pm Reliable Resumes & Job Search 1pm Drawing Club 2pm Open Thoughts</p>
<p>21</p> <p><u>Zoom:</u> 11am Check In 12:30pm Fitness 2pm Open Studio</p> <p>In person Smith Park: 12pm Finding Compositions</p>	<p>22</p> <p><u>Zoom:</u> 11am Let's Dance 12pm Nature Fix 3pm Perspectives</p> <p>In person Avivo Mpls: 2pm Relish in our Recipes</p>	<p>23</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Write Now 1pm Delicious Demonstrations 2pm BIPOC Affinity 3pm Mindful Movement</p>	<p>24</p> <p><u>Zoom:</u> 12pm Coping with Anxiety 12pm Sound Healing 1pm Fitness 2pm Second Nature</p> <p>In person Becker Park: 3pm Senses & Steps</p>	<p>25</p> <p>Christmas</p> <p>CSP Closed</p>
<p>28</p> <p><u>Zoom:</u> 11am Check In 12:30pm Fitness 2pm Open Studio</p> <p>In person Loring Park: 12pm Finding Compositions</p>	<p>29</p> <p><u>Zoom:</u> 11am Let's Dance 12pm Nature Fix 2pm ArtWorks Collective: Purpose & Community 3pm Perspectives</p> <p>In person Becker Park: 2pm Burrito Basics</p>	<p>30</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Book Club 12pm Write Now 1pm Delicious Demonstrations 2pm BIPOC Affinity 3pm Mindful Movement</p>	<p>31</p> <p><u>Zoom:</u> 12pm Coping with Anxiety 1pm Fitness 2pm Second Nature</p> <p>In person Avivo Mpls: 3pm Senses & Steps</p>	<p>1</p> <p>New Year's Day</p> <p>CSP Closed</p>



Avivo Community Support Program
7000 57th Ave N Ste 100
Crystal, MN 55404

Nonprofit Organization
U.S. Postage
PAID
Twin Cities, MN
Permit No. 2313

ADDRESS SERVICE
REQUESTED

Purpose & Community – 2021 Planning on Zoom, Tuesday, December 29, 2 – 3 PM

All are welcome to join in conversation with The ArtWorks Artist Collective, a career and recovery-focused support group for CSP members who identify as artists. During this open meeting, we will be celebrating the new year by coming up with our own words of purpose for 2021. “As a collective of artists, we embrace diversity, build community and present publicly. In doing so, we are challenging mental health stigma, and demonstrating that people living with mental illness can achieve success in art and life. We also aim towards building personal leadership, encouraging individuality, and supporting one another in our lives and in recovery.” Maybe you are interested in joining The Collective? This is a great way to get to know the group and get a feel for the projects they work on!