



Avivo Community Support Program

WHAT'S NEW – JANUARY 2021



Quick updates:

CSP Schedule

To observe upcoming holidays, we will be closed on January 1 and January 18.

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.

Hello members! Happy New Year! We have a lot planned this month including a meditative drumming circle, tea tasting, collage club, and more. On January 22 we are hosting a virtual art reception to celebrate the conclusion of Drawing Club. All are invited! Read on for more info and updates. Let us know if you have any questions!

Sign up for an Avivo CSP Gift Bag:

We are continuing to offer GIFT BAGS and staff are ready to take RSVP's until January 15th. Due to COVID we will be offering individualized pick up or drop off for those members who RSVP for a gift bag. This amazing free bag includes calendars, Avivo gear, treats, and more! You definitely want to grab one before they run out! 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

Meet new staff:

Welcome to the CSP team, Lusu! Welcome back, Chris!

Chris (they/them) has returned as the Peer Specialist for Food

Works: "My main role is to find common ground with you to help you achieve your goals whatever they might be. I have experience with my own mental health challenges, and I serve as a sounding board to any issues or concerns you might have. I am a good listener and can help you feel supported in decision-making and through life changes. I like listening to music, singing along to it, reading poetry and comedic essays, journaling, talking on the phone with my friends and family and cooking."

Lusu (she/her/hers) has joined FoodWorks as the new

Community Coordinator: "I help coordinate and facilitate meetings. I can help find resources and benefits in the community. I love traveling, listening to music, dancing, reading, and spending time with family."



Check out this cozy blanket that was made this winter by Tami R!

JANUARY 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

Public Art Walk: Cedar-Riverside, Friday, January 8, 2:30 – 4 PM***

Location: Meet at the Light rail stop where Cedar turns into Washington. Dress warm, wear your walking shoes, and tour the public art of Cedar Riverside – home of many sculptures and murals.

Cyanotype Art: Monday, January 11, 12:30 – 1:30 PM***

Location: Avivo Garden, 1825 Chicago Ave S Minneapolis MN 55404
Meet at our garden space at 1825 Chicago to learn about Cyanotypes, a colorful, beautiful, and ecofriendly photographic process that produces a blue print. This art form is easy to make at home, using the sunlight to create unique works of art. Art kits provided!

Public Art Walk: Geno Oko at Brooklyn Park Library, Tuesday, January 19, 12 – 1 PM***

Location: Brooklyn Park Library, 8500 W. Broadway Ave.; Brooklyn Park, MN 55445

Head to the Brooklyn Park Library to view Geno Okok's unique outdoor mural made on a converted an old storage container. The work of art he believes inspires hopes and dreams. The result is a colorful and meaningful mural located next to the [Brooklyn Park Library](#) and across the street from North Hennepin Community College. Dress warm as we will be enjoying the art outdoors.

Public Art Walk: Loring Park, Monday, January 25, 12 – 1:30 PM***

Location: Loring Park, 1382 Willow St., Minneapolis, MN 55403
Spend the afternoon walking through Loring Park learning about various public art pieces on display. Dress warm and wear good shoes!

Open Studio: Mondays & Thursdays, 2 – 4 PM on Zoom

The closest thing we can do remotely via Zoom is 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 and now it's offered twice a week!

Staff Contact Info:

Manager

Brenda:

612-702-0716

Supervisors

Jes (ArtWorks):

612-404-5541

Katie (NatureWorks):

612-450-7538

Steph (FoodWorks):

612-210-1393

Specialists

Georgia, Housing

Coordinator:

612-396-9421

J-D, Employment

Coordinator:

612-447-9420

Kate, Mental Health

Professional: 612-446-

9119

Robert, Housing

Coordinator:

612-202-4367

Community

Coordinators

Leanna (ArtWorks):

612-447-9566

Pam (NatureWorks):

612-532-1713

Lusu (FoodWorks):

612-978-7922

Wellness Coaches

Amanda

(NatureWorks):

612-222-0251

Bushra (ArtWorks):

612-423-5351

Mary (FoodWorks):

612-499-7955

Peer Specialists

Chris (FoodWorks):

612-619-5069

Michael (NatureWorks):

612-499-7960

Rick (ArtWorks):

763-321-0222

CSP Main Lines:

612-752-8350 or 612-752-

8300

CSP Group RSVP line:

612-752-8332

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

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. Please RSVP at least 5 days in advance to receive any art kits that may be needed to participate so that staff can arrange pick or delivery with you.

Write Now: Wednesdays, January 6 & 20, 1 – 2 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. Have paper and a pen handy!

Art 4 Social Change: Thursday, January 14 & 21, 11 AM – 12 PM on Zoom

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 Virtual Art Reception: Friday, January 22, 1 – 2 PM on Zoom

Join Drawing Club members in celebrating a 3-month project where members gathered to learn to draw, hone skills, and share ideas with peers in a positive, encouraging space. For our final meeting, the group invites you to view a display of artwork created during weekly sessions with COMPAS Teaching Artist Katrina Knutson.

Avivo ArtWorks Collective, Tuesday, January 26, 2 – 3 PM

All are welcome to join in conversation during this open meeting with The ArtWorks Artist Collective, a career and recovery-focused support group for CSP members who identify as artists. "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, get a feel for the projects they work on, and contribute to this growing group!

Collage Club: Friday, January 29 – March 19, 12:30 – 2 PM on Zoom

Join us for Collage Club, the second part in our winter arts club series. Join us as we explore different styles and aspects of collage, working on 8 different projects featuring everything from portraits, to landscapes, to abstract! This club will include a collage art kit with all the supplies needed which Avivo CSP staff will drop off at your homes. We'll be meeting every Friday from January 29th through March 26th, except for Friday February 12th. Please reach out to Rick at 763-321-0222 or at rick.carey@avivomn.org for more info or to sign-up!

NATUREWORKS

Meditative Drumming Circle: Tuesdays, 1 – 2 PM***

Group location: 1825 Chicago Ave S Minneapolis MN 55404

Group drumming offers time for relaxation, community, and an escape from the stresses of day-to-day life. Participants may feel free to drum along or sit and listen – individuals listening will experience the same health benefits as individuals drumming. Drumming reduces blood pressure anxiety & stress, improves cognitive function & allows our nervous system to go back into a rhythmic pattern.

Crocheting Skill Share: Wednesdays, 3 – 4 PM on Zoom

Whether you are starting to learn or perfecting your craft, join us for a member-lead social circle. Members will share their crocheting skills with each other in this online group. Supplies provided upon request with RSVP.

Coping with Anxiety: Thursdays, Noon – 1 PM on Zoom

Together we will learn and share strategies for coping with anxiety and support each other during these uncertain times. In January we will explore the concept of safety and home using the natural world as our lens. We will be doing hands-on activities. RSVP by Jan. 5, 2021, to receive an activity kit.

Winter Nature Walk: Thursdays, 2 – 3 PM***

Group locations:

January 7: Becker Park, 6225 56th Ave N Crystal, MN 55428

January 14: Smith Park, 8155 Park Ave S Bloomington, MN 55420

January 21: Minnehaha Regional Park - 4801 S Minnehaha Drive, Minneapolis, MN 55417

January 28: Minnehaha Regional Park - 4801 S Minnehaha Drive, Minneapolis, MN 55417

Do you love the beauty of winter and the crunch of snow under your feet? If you have warm clothes and sturdy footwear join us for a chance to explore the outside and enjoy the most “Minnesota” of all seasons. We will look for animal tracks, identify trees, and look for seasonal changes. For the last two weeks, we will meet at Minnehaha Falls Park to view the spectacular frozen falls. Be sure to RSVP so we can notify you if extreme weather prevents us from meeting.

FOODWORKS

Food Photographs: Tuesdays 2 – 3 pm on Zoom

One-two-three-say cheese!! Take photos of your most delicious and amazing foods and ingredients to share with the group. We will gallery our food photos and talk about what goes into our recipes and share interesting facts about our ingredients. If you have a favorite food creation this is the place to share it!

Last group of the month come join us as we collaborate with ArtWorks to bring you technical and creative support when photographing your favorite foods and non-food photos are welcome too! Have a question about the camera in your phone? A query about angles and lenses? How to capture the deliciousness of your dish? We will answer these and more as we develop portfolios of our cooking and ingredients and whatever other photos you like!

Recipe Share: Friday, January 29, 12 – 1:30 PM

Come share your favorite recipes and get a few new ones! This will be a chance to talk about all things about cooking and baking! This will be a fun lively discussion about the food we love! Please RSVP to get the zoom link.

Tea Tasting: Friday, January 29, 12 – 1:30 PM

Join us for a fun and lively discussion on different teas from around the world. You will have the opportunity to try 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!

Simple Suppers: Thursdays – 12 - 1 PM***

Group locations:

January 7: Smith Park, 8155 Park Ave S Bloomington, MN 55420

January 14: Becker Park, 6225 56th Ave N Crystal, MN 55428

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

January 28: Becker Park, 6225 56th Ave N Crystal, MN 55428

Join us at the park to talk through a simple supper recipe and bring the ingredients home to cook. Each week a new simple supper will be discovered. Please RSVP so we know how many meals to bring.

OTHER WELLNESS GROUPS, ACTIVITIES AND NEWS:

Check In: Mondays & Fridays, 11 AM – 12 PM on Zoom

Every Monday and Friday at 11 AM we offer a time to talk about what's ahead, what we are up to, or whatever we need to discuss to get and stay motivated. Meditation is offered at the start of each group.

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 on Zoom

An online healing space for members who racially identify as Black, Indigenous or a person of color (BIPOC). This identity-based support group is led by BIPOC staff and serves as an informal, restorative gathering to deepen our social wellbeing and cultural solidarity.

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.

Book Club: *My Grandmother's Hands*, Wednesday, January 13 & 27, 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, 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.

Sound Healing: Friday, January 15th 12 - 1 PM on Zoom

Guided meditation with relaxing music to help wash away your anxiety and worries. No meditation experience required but you must RSVP to get the zoom link.

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.

Arts and Healing

By Bushra, ArtWorks Wellness Coach

As we come into a new year, this becomes a time for reflection and processing of the past year. For many people, this past year has brought new challenges and struggles that they are continuing to deal with. A great way to process and relax is to make some art!

Art is anything creative that you make that you've been able to put your own thoughts and ideas into. Art can range anywhere from paintings and drawings to playing in sand or knitting a scarf! There is no one right way to make art and that opens up all the possibilities of what art can be and what you can do with art, including the process of making art.

Making art is a way to express things that you may not be able to talk about or even have words for. It's a form of expression that allows us to focus and think about our emotions and thoughts, finding creative ways to process and work through things that have been on the mind or causing stress. Art can be a useful and healing activity that isn't always focused on the finished product. This can make art a relaxing and positive self-care activity. Try looking for an art form that helps you feel better this new year!

An art exercise to try could be to do a ***strengths drawing***. Think about your top 3 – 5 strengths and visualize what those would look like and then draw that! You can use paint, pencils, markers, whatever drawing materials you have around you. When finished it can be a reminder of the strengths that you bring to yourself and to others!

January 2021

Avivo Community Support Program

RSVP: 612-752-8332 or email community.support@avivomn.org

Masks required for all outdoor groups & all groups are tobacco

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Zoom: 11am Check In 12:30pm Fitness 2pm Open Studio</p>	<p>5</p> <p>Zoom: 11am Let's Dance 2pm Food Photographs 3pm Perspectives</p> <p>In-Person: Avivo 1825 Chicago Ave. S 1pm Meditative Drumming Circle</p>	<p>6</p> <p>Zoom: 11am Mindful Art 1pm Write Now 2pm BIPOC Affinity 3pm Mindful Movement 3pm Crocheting Skill Share</p>	<p>7</p> <p>Zoom: 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Becker Park 2pm Winter Nature Walk</p> <p>In-Person: Smith Park: 12pm Simple Suppers</p>	<p>8</p> <p>Zoom: 11am Check In 12pm Reliable Resumes & Job Search 1pm Drawing Club</p> <p>In-Person Public Art Walk: 2:30pm Cedar-Riverside</p>
<p>11</p> <p>Zoom: 11am Check In 12:30pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo 12pm Cyanotype Art</p>	<p>12</p> <p>Zoom: 11am Let's Dance 2pm Food Photographs 3pm Perspectives</p> <p>In-Person: Avivo 1825 Chicago Ave. S 1pm Meditative Drumming Circle</p>	<p>13</p> <p>Zoom: 11am Mindful Art 12pm Book Club 2pm BIPOC Affinity 3pm Mindful Movement 3pm Crocheting Skill Share</p>	<p>14</p> <p>Zoom: 11am Art 4 Social Change 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Smith Park 2pm Winter Nature Walk</p> <p>In-Person Becker Park: 12pm Simple Suppers</p>	<p>15</p> <p>Zoom: 12pm Sound Healing 12pm Reliable Resumes & Job Search 1pm Drawing Club</p>
<p>18</p> <p>CSP Closed</p> <p>Martin Luther King Jr. Day</p> <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</p>	<p>19</p> <p>Zoom: 11am Let's Dance 2pm Food Photographs 3pm Perspectives</p> <p>In-Person Public Art Walk (Brooklyn Park): 12 pm Geno Okok</p> <p>In-Person: Avivo 1825 Chicago Ave. S 1pm Meditative Drumming Circle</p>	<p>20</p> <p>Zoom: 11am Mindful Art 1pm Write Now 2pm BIPOC Affinity 3pm Mindful Movement 3pm Crocheting Skill Share</p>	<p>21</p> <p>Zoom: 11am Art 4 Social Change 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Minnehaha Regional Park 2pm Winter Nature Walk</p> <p>In-Person Smith Park: 12pm Simple Suppers</p>	<p>22</p> <p>Zoom: 12pm Recipe Share 12pm Resumes & Job Search 1pm Drawing Club Art Reception</p>
<p>25</p> <p>Zoom: 11am Check In 12:30pm Fitness 2pm Open Studio</p> <p>In-Person Public Art Walk: 2pm Loring Park</p>	<p>26</p> <p>Zoom: 11am Let's Dance 2pm Food Photographs 3pm Perspectives</p> <p>In-Person: Avivo 1825 Chicago Ave. S 1pm Meditative Drumming Circle</p>	<p>27</p> <p>Zoom: 11am Mindful Art 12pm Book Club 2pm BIPOC Affinity 3pm Mindful Movement 3pm Crocheting Skill Share</p>	<p>28</p> <p>Zoom: 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Minnehaha Regional Park 2pm Winter Nature Walk</p> <p>In-Person Becker Park: 12pm Simple Suppers</p>	<p>29</p> <p>Zoom: 11am Check In 12pm Tea Tasting 12:30pm Collage Club 12pm Reliable Resumes & Job Search</p>