

Video Opportunity

Share Your Experience

On Tuesday, Dec. 12th, there will be an opportunity to be part of a video project that our training department is putting together. We are looking for people who are willing to spend 5-10 min of their time to talk about their lived experience with mental illness and also about their experience with first responders (police, EMTs, behavioral crisis team, etc.) – both positive and negative. The stories will be compiled into a video that could be shown to first responders when they are being trained on working with people who have mental illness in the community. It may also be shown as part of our orientation and initial training process for new hires in the agency so that they can hear from people served by MHR how mental illness impacts them. If being a part of this is something that interests you, please let one of the CSP staff know!

Schedule Changes

Holiday Closures

The CSP will be closed Monday, December 25th for Christmas, Monday, Jan 1st for New Year's Day, and also on Monday, Jan 15th for Dr. Martin Luther King, Jr day.

Mural Update

It's Finished—and it's BEAUTIFUL

We are excited to announce the mural is completed on the south facing wall of the CSP just in time to bring some vibrance when snow covers the ground! This was created and done by Hibaaq Ibrahim, the artist/muralist behind Moon Juice Murals. Her work can be found all over the Twin Cities both indoors and outside (<https://www.moonjuicemurals.com/>).

"You are your best thing."

~ Toni Morrison

Learn more about Toni Morrison here:

<https://www.womenshistory.org/education-resources/biographies/toni-morrison>



Our picture perfect mural is now finished!

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Check out what we are crafting up!

Arts & Crafts Updates

Reorganizing & New Fiber Arts Group!

Greetings from the Arts and Crafts Room! Pam and Liz have been working on reorganizing our beloved crafting space. Their primary focus is to declutter and make the arts and crafts room easier to use for all members. Currently, they're halfway through the project and eager to update you on their progress. They've sorted and organized the art supplies, freeing up space for a more enjoyable crafting experience. As a part of this process, they gathered all members' crafts and arranged them in the corner of the Arts and Crafts Room. We invite you to drop by and check if any of your creations are among the saved items. To make room for crafting supplies, we'll be relocating member's art in the next few weeks.

In addition to the exciting changes happening in the Arts and Crafts Room, *we are thrilled to announce the upcoming start of the Fiber Arts Group! Starting on January 2nd, join us every Tuesday at 2 pm for a delightful experience of fiber arts* - including activities such as knitting, crocheting, and weaving. Whether you are an expert or a beginner eager to learn, this group is open to all members. If you have any questions or suggestions on how to make the Arts and Crafts Room even better, we're all ears! Your input is greatly appreciated, and we want to make sure the space meets the needs of our talented community. Thank you for your continued support and enthusiasm for crafting at the CSP!

Upcoming Outings

Thrift Store and MIA

In December, the CSP will be headed back to the thrift store to do some shopping!! The exact store is still being decided on, but wherever we end up, there are bound to be some treasures, so we hope you can join us! The sign up sheet will be posted one week in advance and **the outing date is Monday, December 18th at 1pm.**

In January, we're headed over to the Minneapolis Institute of Art! There's always plenty to see and soak in at MIA, and this outing always "draws" a crowd! As usual, the sign up sheet will be posted one week in advance and the outing date is **Monday, January 22nd at 1pm.**

Crisis Lines

National Suicide Prevention Lifeline 988

SAMHSA's National Helpline
800-662-HELP (4357)

Crisis Text Line Text
START to 741741

The Trevor Project (for LGBTQ youth ages 13-24)
866-488-7386

The GLBT National Hotline
888-843-4564

Trans Lifeline
877-565-8860

BlackLine
800-604-5841

Lines for Life (BIPOC crisis line)
503-575-3764



December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Open 11am – 4pm Movie Friday! 2pm Let's Move Group 	2 CLOSED
4 Open 11am – 4pm 1:30pm Dungeon's & Dragons	5 Open 11am – 4pm	6 CLOSED	7 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	8 Open 11am – 4pm 1pm Bean Bag Tourney 2pm Arts & Crafts 2pm Let's Move Group	9 CLOSED
11 Open 11am – 4pm 1:30pm Dungeon's & Dragons	12 Open 11am – 4pm 1pm – 3pm Digital Navigation Drop In	13 CLOSED	14 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	15 Open 11am – 4pm 12:30pm Seminar: Home Line 1:30 Bingo	16 CLOSED
18 Open 11am – 4pm 1pm Outing: Thrift Store 1:30pm D & D Group	19 Open 11am – 4pm	20 CLOSED	21 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	22 Open 11am – 4pm 2pm Arts & Crafts 2pm Let's Move Group	23 CLOSED
25 CLOSED	26 Open 11am – 4pm 1pm – 3pm Digital Navigation 2pm Cooking Demo	27 CLOSED	28 Open 11am – 4pm Dinner of the Month! 1:30pm MAC meeting	29 Open 11am – 4pm New Years Party!	30 CLOSED

Outing: Join us on December 18th at 1pm to take a group trip to a local thrift store!

Seminar: Home Line
Join us on Friday December 15th at 12:30pm to learn about tenant rights.

This month:

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED 	2 Open 11am – 4pm 2pm Fiber Arts Group	3 CLOSED	4 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	5 Open 11am – 4pm Movie Friday! 2pm Let's Move Group 	6 CLOSED
8 Open 11am – 4pm 1:30pm Dungeon's & Dragons	9 Open 11am – 4pm 1pm – 3pm Digital Navigation Drop In 2pm Fiber Arts Group	10 CLOSED	11 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	12 Open 11am – 4pm 1pm Pool Tournament 2pm Arts & Crafts 2pm Let's Move Group	13 CLOSED
15 CLOSED In observance of Martin Luther King Jr. Day	16 Open 11am – 4pm 2pm Fiber Arts Group 2:15pm Volunteer Outing: People & Pets	17 CLOSED	18 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	19 Open 11am – 4pm 12:30pm Seminar: Tobacco/Smoking cessation 1:30 Bingo 3pm Let's Move Group	20 CLOSED
22 Open 11am – 4pm 1pm Outing: MIA 1:30pm D & D Group	23 Open 11am – 4pm 1pm – 3pm Digital Navigation Drop In 2pm Fiber Arts Group	24 CLOSED	25 Open 11am – 4pm Dinner of the Month! 1:30pm MAC meeting	26 Open 11am – 4pm 2pm Let's Move Group	27 CLOSED
29 Open 11am – 4pm 1:30pm Dungeon's & Dragons	30 Open 11am – 4pm 2pm Cooking Demo 2pm Fiber Arts Group	31 CLOSED			

Outing: Join us at 1pm on January 22nd to head to the Minneapolis Institute of Arts!

Seminar: Tobacco/smoking cessation
Join us on Friday January 19th at 12:30pm for our monthly seminar before Bingo!

This month:

Cooking Demo

Cooking Demo's are typically happening on the last Tuesday at 2pm! Our next demo will be on Tuesday December 26th at 2pm, and the following will be Tuesday January 30th at 2pm! You can still join us on our YouTube channel to check out past demos from throughout our closure as well.

Here's the link to our YouTube channel:

https://www.youtube.com/channel/UCVE4btQMgblCayv88ut_GQ

You can also find it by going to YouTube and searching for "Seward CSP".



Let us know if you try this recipe at home!

Recipe Corner

Mango Pineapple Salsa

Ingredients:

- 4 cups fresh tomatoes, chopped
- 3 cups pineapple, chopped
- 2 medium mangoes, peeled and chopped (*you could use frozen instead or omit and sub more pineapple)
- 1 large yellow onion, finely chopped
- 1 red bell pepper, chopped
- 2 jalapenos, seeded, finely chopped
- 1 Tbsp sugar
- ¼ cup lime juice
- ¼ cup apple cider vinegar (*white is fine as a sub)
- 1 tsp grated ginger (or a few shakes of ginger powder)
- 2 cloves garlic, minced (or sub garlic powder)
- ½ tsp salt
- Fresh cilantro, finely chopped
- Chips or whatever you choose to enjoy the salsa with!

Directions:

1. Put all ingredients into a large pot and bring to a simmer, simmering uncovered for 10 minutes, stirring occasionally.
2. Take off heat and let cool, then enjoy!

Important Dates

- Friday, December 8th** — Bean Bag Toss Tournament @ 1pm
- Friday, December 15th** — Seminar @ 12:30pm: Home Line (Tenant's Rights)
—Bingo @ 1:30pm
- Monday, December 18th** — Outing to the Thrift Store @ 1pm
- Monday, December 25th** — **CLOSED for holiday**
- Thursday, December 28th** – Dinner of the Month, MAC Meeting
- Friday, December 29th** —New Year's Party
- Monday, January 1st** — **CLOSED for holiday**
- Tuesday, January 2nd**—Fiber Arts Group begins @ 2pm
- Friday, January 12th** — Pool Tournament @ 1pm
- Monday, January 15th** — **CLOSED for Dr. MLK, Jr. Day**
- Tuesday, January 16th** — Volunteer Outing to People and Pets @ 2:15pm
- Friday, January 19th** — Seminar @ 12:30pm: TBD
— Bingo @ 1:30pm
- Monday, January 22nd** — Outing to go Minneapolis Institute of Arts (MIA) @ 1pm
- Thursday, January 25th** — Dinner of the Month, MAC Meeting

Seward CSP Connection

Contact Us

- Betty (she/her): 651-249-7277
- Emerson (he/they): 651-728-0210
- Liz (she/her): 952-283-9726
- Main CSP line: 612-333-0331
- Pam (she/her) 651-502-0304
- Sara (she/her): 651-728-0744
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