







Guild Community Support Program
 1740 Livingston Avenue
 West Saint Paul, MN 55118

RSVP (651) 457-2248 Ext. 2115
RSVP on or after the 1st of the month

CSP Calendar August 2021

Monday 12-4 pm	Tuesday 12-4 pm	Wednesday 12-4 pm	Thursday 12-4 pm	Friday 12-4 pm	Saturday Closed
2 12:30 TED Talks 1:30 Art with Jennifer- RSVP 	3 1:00 Peer Support Group	4 12:30 TED Talks 1:30 Spiritual Conversations with Stan	5 1:30 All Member Meeting <i>(see newsletter for details)</i>	6 12:30 What's Happening? 1:00 Backyard games w/Frank	7
9 12:30 TED Talks 1:30 Art with Jennifer- RSVP	10 1:00 Peer Support Group	11 8:45am – 12:30pm “Let’s Go Fishing” (see Newsletter for details) RSVP 12:30 TED Talks	12 1:30 Music Group 	13 12:30 What's Happening and PIZZA PARTY at the CSP! <i>(see newsletter for details)</i>	14
16 12:30 TED Talks 1:30 Art with Jennifer- RSVP	17 1:00 Peer Support Group	18 12:30 TED Talks 1:30 Jean’s Arts & Crafts	19 1:30 Music Group	20 12:30 What's Happening? 1:30 Art with Jennifer- RSVP	21
23 12:30 TED Talks 1:30 LAC meeting <i>(see newsletter for details)</i>	24 1:00 Peer Support Group	25 12:30 TED Talks 1:30 August Birthdays & 	26 1:30 Music Group	27 12:30 What's Happening? 1:30 Art with Jennifer-RSVP 	28
30 12:30 TED Talks 1:30 Art with Jennifer- RSVP	31 1:00 Peer Support Group			**Tours of the CSP are available Monday and Friday afternoons. Call Diane or Megan for an appointment**	**Classes subject to change: please call ahead to confirm**



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REQUESTED

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CSP Happenings

Peer Support Group:

“Get some stress off your chest.”

You are welcome to join the weekly Peer Support Group. Join as we help each other by sharing survival stories, listening, and giving and receiving feedback.

Topics include:

- Medical care
- Medications
- Side effects
- Health habits
- Family & friend support
- Case management
- ... And many more!

EVERY TUESDAY – 1:00PM

Facilitator – Dave Z., CSP Member



What's Happening Group:

ARE YOU LOOKING TO FIND FUN, FREE OR CHEAP WEEKEND ACTIVITIES? HAVE YOU THOUGHT ABOUT WHAT ACTIVITIES ARE HAPPENING IN THE AREA? WHAT'S THE WEATHER GOING TO BE LIKE? THIS GROUP DISCUSSES CURRENT EVENTS ALONG WITH LEISURE WEEKEND ACTIVITIES TO HELP YOU HAVE AN ENJOYABLE WEEKEND! COME JOIN US EVERY WEEK
Fridays @ 12:30pm



CSP Happenings



Safety Message: *Welcome back! We are so excited to welcome community support program members back to the CSP. Our plans to **CONTINUE** to provide extra precautions include the following:*

-Social Distancing will be strongly encouraged in all indoor spaces

-All members and staff will be required to wear masks when indoors for the time being

-Only staff and member council members will be allowed in the kitchen area serving food and will be required to have masks and gloves on at all times when doing so.

-Hand washing and extra sanitization of community areas will be implemented and encouraged on a daily basis.

-Masks will NOT be required in outdoor areas on CSP premises

Community Outing:

“Let's Go Fishing”

Interested in going fishing? This activity brings the outdoor experience to those who might not otherwise have the opportunity to fish, boat or enjoy time with friends on the water. Situated on the scenic Saint Croix River, this outing provides a safe opportunity to enjoy the outdoors and offers time to socialize and meet new friends. Never been fishing before? Not a problem. All fishing gear and bait as well as technical know how are provided! Sign up with Megan or Diane!

Wednesday, August 11th
8:45am – 12:30pm (RSVP)



Join staff and friends for a Friday afternoon Pizza Party! Celebrate our re-opening with a classic summer favorite for lunch. This will be a precursor to starting back with lunch with friends hopefully in September! Feel free to come, enjoy lunch, and bring a friend!

Friday, August 13th
12:30pm

CSP Newsletter – August 2021

CSP Groups & Classes

Art with Jennifer: Tie Dye



Tie dye shirts are almost as American as apple pie. Have fun preparing a plain tee for its transformation into a rainbow masterpiece!

Fridays, August 20th & 27th
1:30pm **RSVP**

Art with Jennifer: Polymer Clay



It's perfect for making jewelry, home decor items, scrapbooking projects, embellishments, figures and more! Intermix with other colors for even more fun!

**Mondays, August 2nd, 9th,
16th and 30th**
1:30pm **RSVP**

Jeans Arts and Crafts

~Special Occasion Cards~



Wednesday, August 18th
1:30pm **RSVP**

Facilitator: Jean, volunteer

CSP Happenings

Backyard Games

Come join in playing some all-time favorite backyard games, including Bocce Ball, Bean Bag Toss and more!



Friday, August 6th @ 1:00pm

Facilitator: Frank, volunteer

TED Talks: Healthy Living

Each month we feature 20 minute TED talks for our healthy lifestyles classes. TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where **Technology, Entertainment and Design** converged, and today covers almost all topics

Mondays @ 12:30pm

Wednesdays @ 12:30pm

Facilitator: Diane & Megan

Spiritual Conversations:

Do you connect with or wonder about spirituality in your life?

Join this month's group:

Wednesday, August 4th
1:30pm

Facilitator: Stan, volunteer

The Happy Body & Mind Column

Music Group:

COME ONE, COME ALL! JOIN US IN OUR QUEST TO ENJOY LIFE THROUGH SHARING OUR SINGING TALENTS. AN INDIVIDUAL KARAOKE SONG WILL BE CHOSEN BY EACH PERSON IN ATTENDANCE WHO WANTS TO PARTICIPATE. SONGS CAN BE SUNG EITHER SOLO OR COLLECTIVELY AS A GROUP DEPENDING UPON EACH PERSON'S PREFERENCE.



Thursdays at 1:30pm

(NO GROUP on August 5th)

Facilitator: Megan

DAKOTA COUNTY LOCAL ADVISORY COUNCIL MEETING:

(also known as the LAC)

~open to ALL members

Join Dakota County Mental Health Workers as well as CSP staff, volunteers and members to discuss mental health and wellness related issues on a County Level!

Monday, August 23rd @ 1:30pm