



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 November 2021

Monday 12-4 pm	Tuesday 12-4 pm	Wednesday 12-4 pm	Thursday 12-4 pm	Friday 12-4 pm	Saturday Closed
1 12:30 TED Talks 1:30 Art with Jennifer- RSVP	2 1:00 Peer Support Group 2:30 Music Group	3 12:30 Ted Talks 2:00-3:45 Feed My Starving Children – RSVP <i>(see newsletter for details)</i>	4 1:30 All Member Meeting	5 12:30 What's Happening? 1:30 Art with Jennifer- RSVP	6 2:30 pm Dorothy Day RSVP <i>(see newsletter for details)</i>
8 12:30 TED Talks 1:30 Art with Jennifer- RSVP	9 1:00 Peer Support Group 2:30 Music Group	10 12:30 TED Talks 1:30 Jean's Arts & Crafts	11  12:30 Thanksgiving Fall Festival: trivia, prizes and much more! - RSVP	12 12:30 What's Happening 1:30 Art with Jennifer- RSVP	13
15 12:30 TED Talks 1:30 Art with Jennifer- RSVP	16 1:00 Peer Support Group 2:30 Music Group	17 12:30 TED Talks 1:30 November Birthdays & 	18 1:00 Spiritual Conversations with Stan	19 12:30 What's Happening? 1:00 Backyard games w/Frank	20
22 12:30 TED Talks 1:30 LAC meeting <i>(see newsletter for details)</i>	23 1:00 Peer Support Group 2:30 Music Group	24 12:30 TED Talks	25 <u>CSP CLOSED</u> 	26 <u>CSP CLOSED</u> 	27
29 12:30 TED Talks	30 Pool Tournament! Noon-4pm <i>(see newsletter for details)</i> RSVP 			**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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CSP Happenings

NEW: The Pantry!



Are you running low on food? Waiting to get food stamps? Need a little extra to supplement your food budget? Welcome to The Pantry! *What is The Pantry?* It is donated food that is available to those who need extra food to stretch their food budget. The Pantry hours are from 12-4pm during Open Hours at the CSP Monday through Friday or by appointment. See Megan or Diane for assistance.

Pool Tournament



Tuesday, November 30th
Noon-4pm RSVP
1st, 2nd, and 3rd place prizes will be awarded!!!

Beginners welcome 😊 We will be hosting this event during regular open hours, so please come ready to play! Everyone is welcome to come and watch.

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**

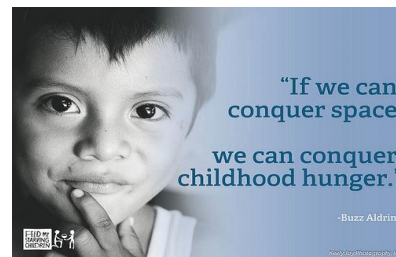
Community Outing:

Dorothy Day

Saturday Activity at the Dorothy Day Center - Volunteers Needed! Catholic Charities' Dorothy Day Center serves multiple functions. During the day, the Dorothy Day Center provides meals, mental health services, medical care, showers, and much more to help people experiencing homelessness. Join us as we help prep and serve dinner!
Saturday, November 6th,
2:30-5:30pm
RSVP

Community Outing:

Feed My Starving Children



Come and join us to pack food for children living in poverty. This is a great way to give back and it helps you feel great in the process!

Wednesday, November 3rd
2pm-3:45pm
RSVP

CSP Newsletter – November 2021

CSP Groups & Classes

ART WITH JENNIFER:

Wings



Wings in art represent freedom of flight; thoughts of birds as well as angels. As the season gets darker, angels can be a symbol of brightness and hope as well as protection and comfort. We will draw and paint with wings in mind.

You can also use these sessions to complete unfinished projects.

Nov. 1st, 5th, 8th, 12th, & 15th
1:30pm RSVP

Jeans Arts and Crafts

Come join Jean in making holiday arts and crafts!

Wednesday, November 10th
1:30pm (RSVP)

Facilitator: Jean, volunteer

Peer Support Group:

“Get some stress off your chest.”

You are welcome to join the weekly Peer Support Group.

Join peers as we help each other by sharing survival stories, listening, and giving and receiving feedback.

EVERY TUESDAY – 1:00PM
Facilitator – Dave Z., CSP Member
(No Group on Nov. 30th!)

CSP Happenings

Backyard Games

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



Friday, November 19th @ 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?



Thursday, November 18th – 1:00pm

Facilitator: Stan S., 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.



Tuesdays at 2:30pm

(No Group on Nov. 30th)

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, November 22nd
1:30pm