

# CSP Newsletter

Monthly updates from Guild's Community Support Program



## NAMI Walk

Join us at the 17th annual NAMI walk this month on **Saturday, September 23rd!**

This 5k walk aims to raise awareness about mental illnesses and celebrate hope.

Register with Diane or Ally by **Wednesday, September 13th** to walk with the Guild team. Or go to [www.namiwalks.org](http://www.namiwalks.org) and register with team Guild.

Don't forget to grab your **FREE** Guild t-shirt for the walk!

## Let's Go Fishing!

Don't miss your opportunity to fish with friends on the St. Croix!  
RSVP with Diane or Ally

**Monday, September 11th at 9am**  
&  
**Tuesday, September 26th at 9am**

# CSP Groups and Classes

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## Art with Jennifer

Clay and open art.

September 8th is the only clay formation session. Glazing will be the 22nd. Open art is available all 3 sessions if you have unfinished projects to work on from previous months.

Fridays, September 8th, 22nd, and 29th at 1:30pm

## Mental Health Support Group

This group is led by CSP staff and explores various topics in mental and behavioral health including: coping skills, healthy relationships, dealing with loss and trauma, overcoming fear, social skills, and many more!

Thursdays, September 7th and 21st at 1:00pm

## Cognitive Behavioral Therapy Group

In this staff-led group we explore various exercises and practices in Cognitive Behavioral Therapy or CBT. CBT is a type of therapy which aims to uproot negative and irrational beliefs in order to modify dysfunctional emotions, behaviors, and thoughts. Interested in learning more? Join us as we explore everything CBT related in this mental-health focused group!

Monday, September 18th at 1:30pm

## Outings

- Dinner Club at Cossetta in St. Paul - **Tuesday, September 5th at 4:30pm**  
**RSVP \$\$**
- Movie Club - **Wednesday, September 6th at Woodbury 10 Theater. Movie and Time \*To Be Determined\* (will be a matinee) Must RSVP. Snacks provided.**
- Let's Go Fishing - **Monday, September 11th at 9am and Tuesday, September 26th at 9am. Lunch provided. Must RSVP.**
- NAMI Walk - Join us at the 17th annual NAMI walk on **Saturday, September 23rd from 11am-3pm. Location: Minnehaha Park in Minneapolis.** Meet us there or meet at Guild at 10am for a ride to the event. **Must RSVP for ride.** Don't forget to pick up your free Guild t-shirt!

## Covid Updates

- Masks are NO LONGER REQUIRED while at the CSP Member Center
- Social distancing will be strongly encouraged in all indoor spaces
- Hand washing and extra sanitization of community areas will be implemented and encouraged daily
- Members are required to contact CSP staff if they test positive for or are exposed to COVID-19



## *Member Spotlight: Michelle Y.*

Michelle was introduced to Guild CSP by her ARMHS worker. She has been a member since 2000. She has worked with Guild's employment services team and is currently being served by the targeted case management team. Michelle reports that she is more successful with jobs and is currently employed at Lowes. She attributes this to her work with Guild's employment team over the years.

Michelle began case management services with Guild after she was hospitalized for depression. "I am glad for Guild Services; it helped me through depression and support with housing. I wanted to meet new people and get out of the house and socialize with others".

"When I am not working, I like to come to the CSP for socialization. As a member of the CSP, I enjoy attending Peer Support Group, Music Group, Ted Talks, and Lunch with Friends. I am glad for the CSP; I have met new people and enjoy spending time with my friends in the community. I enjoy music and going out with friends in the community. I have wisdom and knowledge and enjoy helping others. I want people to know that I am an authentic, caring person".

## CSP Recipe Series

# Cooking with Diane

The purpose of bringing you these wonderful recipes is to enhance your cooking skills and provide you with recipes that you can make for yourself and your family. The ingredients in the recipes are taken from our food pantry which is supplied by local food shelves.

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## Joe's Special (Ground Beef, Spinach, and Eggs)

Submitted by Jonathan H.

"My Dad used to make this recipe when I was a kid. In fact, we actually lived in the San Francisco Bay Area. This is a healthy and super easy recipe to make."

### Ingredients:

- 4 eggs
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 lb lean ground beef
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 (10 ounce) package frozen chopped spinach, thawed and drained **OR** 2 (6 ounce) bags fresh baby spinach leaves (chop or leave whole)
- 1 teaspoons chopped fresh basil **OR** 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon nutmeg
- Salt and Papper

### Directions:

1. Beat the eggs and set aside for step 7
2. heat the oil and butter in a large heavy skillet over medium heat
3. when the butter has melted, add the ground beef and cook, stirring occasionally, until browned and crumbly
4. Add the onion and garlic and cook until the onion is tender but not browned
5. stir in the spinach, basil, oregano, and nutmeg
6. if using fresh spinach, cook until the spinach wilts
7. Add the beaten eggs to the beef/spinach mixture and cook until the eggs are set, about 3 minutes
8. Add salt and pepper to taste

**\*For variety, add cremini mushrooms. This makes a great main dish for a light supper; add a fruit, salad, and bread. For a true vegetarian meal, omit ground beef, delicious!**