

June 2024



CSP Newsletter

Monthly updates from Guild's Community Support Program



June is Pride Month

Pride month celebrates the Lesbian, Gay, Bisexual, Transgender, and Queer + (LGBTQ+) Community and is celebrated in June to honor the 1969 Stonewall Uprising in New York. Pride month offers many activities and events to celebrate including:

- 2024 Twin Cities Pride Rainbow Run 5k - Sunday, June 30 at 9am **\$\$**
- Pride Night at Target Field - Saturday, June 15th at 1pm **\$\$**
- Twin Cities Pride Parade - Sunday, June 30th from 11am-2pm. The parade starts at 3rd and Hennepin and proceeds down Hennepin to Spruce **Free**
- Twin Cities Pride Festival - Sunday, June 30th from 10am-6pm. Loring Park, Minneapolis **Free**

Please to reach out to CSP staff if you have any questions or would like more information about upcoming Pride events!

Community Support Program Newsletter

CSP Relocation

Due to renovations, the CSP Member Center will be relocating member hours from Monday, June 17th-Friday, July 5th. During this period, member hours will be located at Guild's Wabasha Street location in Saint Paul. Please see the enclosed letter for more information about the relocation.

CSP Groups and Classes

Art with Jennifer

We will have open art on the first two Fridays and make suncatchers on the third Friday of the month!

Fridays, June 7th, 14th, & 21st 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, June 13th & 27th at 1:00pm

Cognitive Behavioral Therapy Informed 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!

Mondays, June 10th & 17th at 1:30pm

Outings

- **Let's Go Fishing** - at Bayport Marina on Mondays, June 3rd & 10th at 8:15am. **RSVP**.
- **St. Paul Farmers' Market** - Saturday, June 8th at 10am-1pm **RSVP**
- **Coffee Club** - at Starbucks on Tuesday, June 18th at 4:30pm **RSVP \$\$**
- **Movie Club** - Wednesday, June 12th at Woodbury 10 Theater. Movie and Time *To Be Determined* (will be a matinee) **RSVP**. Snacks provided.

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

2024 Art Show & Open House

Celebrate the talent
and achievements
of our Guild
Community.

Join us for a special evening
as we showcase the creativity
of our community and the
programming we provide. Light
refreshments will be served.

WHEN: Thursday, September 12th, 3-6pm

WHERE: Guild CSP
1740 Livingston Avenue
West St. Paul

Submit your art to the CSP Art Show by Friday, August 2nd!

Guild clients and staff are also encouraged
to submit their art!

Art from any discipline may be submitted
to the show. Staff/clients may submit 1-2
pieces of art. Music submissions are also
allowed if the technology needed to play it
(laptop, headphones, etc.) is supplied.

To submit:

Fill out the submission and release forms
and turn them in to Ally and Diane at the CSP
with your artwork before Friday, August 2nd.
Artwork will not be accepted without **both**
completed forms.

| Young Adult Program |



JOIN US FOR AN EXCITING NEW PROGRAM TAILORED JUST FOR YOUNG ADULTS (18-28)! OUR WEEKLY STAFF-LED GROUPS AND MONTHLY COMMUNITY OUTINGS ARE DESIGNED TO ENHANCE YOUR WELL-BEING, CREATIVITY, AND SOCIAL CONNECTIONS.

DIVE INTO DISCUSSIONS ON MENTAL HEALTH IN OUR YOUNG ADULT SUPPORT GROUP, BUILD COMMUNITY IN OUR QUEER SUPPORT GROUP, EXPLORE LITERARY WORLDS WITH FELLOW BOOKWORMS IN OUR BOOK CLUB, OR UNLEASH YOUR INNER ARTIST IN OUR CRAFTING CLUB.

PLUS, MARK YOUR CALENDARS FOR OUR MONTHLY OUTINGS! ENJOY A VARIETY OF COMMUNITY ADVENTURES RANGING FROM CONCERTS TO LAID-BACK GATHERINGS AT LOCAL COFFEE SHOPS.

WITH PROGRAMMING THOUGHTFULLY SCHEDULED IN THE EVENINGS TO ACCOMMODATE YOUR BUSY SCHEDULES, WE'RE HERE TO FOSTER A DEEPER SENSE OF COMMUNITY AND BELONGING AMONGST YOUNG ADULTS.

DON'T MISS OUT! – SIGN UP FOR UPDATES ON THE CSP'S YOUNG ADULT PROGRAM (YAP) TODAY. EMAIL ALEX CARR, CSP SUPERVISOR, AT YAPCSP@GUILDSERVICES.ORG TO GET ENROLLED.



Get Connected

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