

# CSP Newsletter

Monthly updates from Guild's Community Support Program



## CSP Art Show and Open House

Join us on Thursday, September 12th from 3pm-6pm at the CSP as we celebrate our community of talented artists! Art will be showcased throughout the building including live performances on the patio (weather permitting). Don't forget to stop by our information booth to learn more about CSP programming and services! Light food and refreshments will be provided. No RSVP needed.

Community Support Program Newsletter

## NAMI Walk

Join us at the 18th annual NAMI walk this month on **Saturday, September 28th!** This 5k walk aims to raise awareness about mental health concerns and celebrate hope. Register with team Guild at [www.namiwalks.org](http://www.namiwalks.org) and RSVP with CSP staff.

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

# CSP Groups and Classes

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## Art with Jennifer

Open art will continue all month.

Fridays, September 6th, 20th, & 27th at 1:30pm

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## 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!

Thursday, September 5th & 19th at 1:00pm

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## 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, September 16th & 30th at 1:30pm

## Outings

- **Dinner Club** - at Ze's Diner in Mendota Heights on Tuesday, September 10th at 4:30pm **RSVP \$\$**
- **Movie Club** - Wednesday, September 25th at Woodbury 10 Theater. Movie and Time \*To Be Determined\* (will be a matinee) **RSVP**. Snacks provided.
- **NAMI Walk** - Saturday, September 28th from 11am-3pm. Meet at the CSP at 10:15am for transportation. RSVP with the Guild Team at <https://www.namiwalks.org/team/68742>. Must **RSVP with CSP Staff**.

## 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



## 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 12, 3-6pm

**WHERE:** Guild CSP - 1740 Livingston Avenue, West St. Paul



**SCAN** to learn how to submit artwork and RSVP to the event.

Submit your art to the CSP Art Show by Friday, August 2! Guild clients and staff are 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:** Please submit your artwork, submission form and release form at the CSP front desk to Alex or Diane by Friday, August 2. Artwork will not be accepted without both completed forms.

# 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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## Homemade Granola

### Ingredients:

- 4 tablespoons of honey
- 2 tablespoons of canola oil
- 1/2 tablespoon of ground cinnamon
- 2 cups of old-fashioned rolled oats
- 4 tablespoons of sliced or chopped almonds
- non-stick cooking spray
- 1/2 cup of dried fruit (raisins, cranberries, apricots, dates, or prunes)

### Directions:

1. Preheat oven to 350 degrees
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.