



MONTHLY UPDATES FROM GUILD'S  
COMMUNITY SUPPORT PROGRAM

**GUILD  
COMMUNITY  
SUPPORT  
PROGRAM**

**JAN  
2025**



**Winter Gear  
Distribution**

IF YOU ARE IN NEED OF WINTER GEAR, COME ON DOWN TO THE GUILD CSP TO STOCK UP ON COATS, HATS, GLOVES, AND MORE! GEAR AVAILABLE FOR ALL AGES!

WHEN: NOVEMBER 1ST-JANUARY 31ST  
DURING MEMBER CENTER OPEN HOURS

WHERE:  
1740 LIVINGSTON AVE,  
WEST ST. PAUL, MN 55118

**Happy New Year!**

HAPPY NEW YEAR TO YOU AND YOURS FROM YOUR FRIENDS AT THE CSP! WE HOPE YOUR YEAR IS FILLED WITH HAPPINESS, SUCCESS, AND JOY. DON'T FORGET TO COME DOWN TO THE CSP AND START YOUR YEAR OFF RIGHT WITH OUR VARIOUS GROUPS AND OUTINGS BEING OFFERED THIS MONTH. WE CAN'T WAIT TO SEE YOU AND RING IN THE NEW YEAR WITH ALL YOUR PALS AT GUILD.

# UPCOMING EVENTS / CLASSES

RSVP  
NOW!



## Art with Jennifer

Elements of composition:

How do we make the choices of color, shape and perspective when rendering art? And what message do we want to express in our art? We will examine these ideas and techniques as we apply them consciously to painting, visual journaling, mosaic or whatever art form you choose.

**Fridays,  
January  
10th, 17th,  
& 24th**

## 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,  
January  
2nd, 16th, &  
30th**

## Dinner Club

At Yang's in Woodbury on  
Wednesday, January 15th at  
4:30pm MUST RSVP \$\$

**Wednesday,  
January  
15th**

## Movie Club

Wednesday, January 29th at  
Woodbury 10 Theater. Movie and  
Time \*To Be Determined\* (will be a  
matinee) RSVP. Snacks provided.

**Wednesday,  
January  
29th**

## Morning Motion

Start your day with energy and positivity!  
This group brings people together for a  
refreshing morning exercise routine to  
boost fitness, focus, and well-being.

**Tuesdays,  
January  
7th, 14th,  
21st, & 28th**

## Coffee Club

Brew, sip, and connect! This group  
gathers to enjoy great coffee and even  
better conversations.

**Thursdays,  
January  
2nd, 16th,  
& 30th**

## Mental Health Skills Group

A supportive space to learn and  
practice tools for managing emotions,  
building resilience, and fostering well-  
being together.

**Tuesdays,  
January  
14th &  
28th**

## Science Museum

Join us for a trip to the Science  
Museum on Saturday, January 25th  
from 11am-3pm. Must RSVP. Meet at  
the CSP at 11am for transportation.

**Saturday,  
January  
25th**



# **GUILD CSP**

## **Winter Gear Distribution**

If you are in need of winter gear, come on down to the Guild CSP to stock up on coats, hats, gloves, and more! Gear available for all ages!

### **When:**

November 1st-January 31st  
During Member Center Open Hours

### **Where:**

Guild Community Support Program  
1740 Livingston Ave,  
West St. Paul, MN 55118

# Cooking with Diane

## MOM'S CHILI

Submitted by (Trish) Patricia P.

### Ingredients

- 1 Pound of lean ground beef
- 1 Package of taco seasoning (El Paso or other brand name)
- 1 15 oz can of red kidney beans
- 1 15 oz can of corn
- 1 15 oz. can of tomato soup
- 1 can of diced tomatoes (optional)

### Directions

1. Cook ground beef until done. (no need to drain unless you want it drained)
2. Add the taco seasoning and follow directions on the package.
3. Add: red kidney beans, corn and diced tomatoes
4. Add tomato soup and simmer for 20 minutes.
5. Add your favorite toppings for a delicious bowl of chili

