

MONTHLY UPDATES FROM GUILD'S
COMMUNITY SUPPORT PROGRAM

CULU COMMUNITY SUPPORT PROGRAMI

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

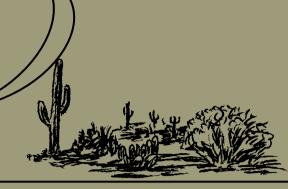
WHERE: 1740 LIVINGSTON AVE, WEST ST. PAUL, MN 55118

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.

Community Support Program Newsletter





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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 Yangs 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 wellbeing 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



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

Community Support Program Newsletter

Cooking Wath 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)
- 115 oz can of red kidney beans
- 115 oz can of corn
- 115 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

Miar Garber