

MONTHLY UPDATES FROM GUILD'S COMMUNITY SUPPORT PROGRAM

GUILD COMMUNITY SUPPORT PROGRAM

APR.
2025



Volunteer Appreciation Week: Celebrating our CSP Superstars!

THIS MONTH, WE'RE EXCITED TO CELEBRATE VOLUNTEER APPRECIATION WEEK AND GIVE A SPECIAL SHOUT-OUT TO OUR INCREDIBLE CSP VOLUNTEERS—JIM, STAN, FRANK, JEAN, JENNIFER, ERICKA, AND ANDY! YOUR DEDICATION, COMPASSION, AND COMMITMENT MAKE A LASTING IMPACT ON OUR COMMUNITY, AND WE ARE SO GRATEFUL FOR ALL THAT YOU DO.

THANK YOU FOR YOUR TIME, ENERGY, AND THE KINDNESS YOU SHARE. YOU TRULY EMBODY THE SPIRIT OF SERVICE, AND WE COULDN'T DO IT WITHOUT YOU!

LET'S ALL TAKE A MOMENT TO APPRECIATE THE DIFFERENCE OUR VOLUNTEERS MAKE EACH DAY!

UPCOMING EVENTS/CLASSES



ART WITH JENNIFER

CONTINUED OPEN ART SESSIONS WITH THE OPPORTUNITY FOR MORE STRUCTURED LESSONS.

FRIDAYS,
APRIL 4TH,
11TH, + 18TH

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,
APRIL 3RD +
17TH

DINNER CLUB

AT THE NOOK IN ST. PAUL ON WEDNESDAY, APRIL 2ND AT 4:30PM MUST RSVP \$\$

WEDNESDAY,
APRIL 2ND

MOVIE CLUB

WEDNESDAY, APRIL 23RD AT WOODBURY 10 THEATER. MOVIE AND TIME *TO BE DETERMINED* (WILL BE A MATINEE) RSVP. SNACKS PROVIDED.

WEDNESDAY,
APRIL 23RD

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,
APRIL 15TH,
8TH, 15TH,
22ND, + 29TH

ART CLUB

A FRIENDLY SPACE TO CREATE, EXPLORE, AND CONNECT! ALL MATERIALS PROVIDED TO WORK ON PROJECTS OR START SOMETHING NEW IN A SUPPORTIVE AND CREATIVE ENVIRONMENT.

FRIDAY, APRIL
25TH

MENTAL HEALTH SKILLS GROUP

A SUPPORTIVE SPACE TO LEARN AND PRACTICE TOOLS FOR MANAGING EMOTIONS, BUILDING RESILIENCE, AND FOSTERING WELL-BEING TOGETHER.

TUESDAYS,
APRIL 8TH +
22ND

CREATIVE WRITING WORKSHOP

JOIN US FOR A FUN AND SUPPORTIVE CREATIVE WRITING WORKSHOP! EXPRESS YOURSELF, EXPLORE YOUR CREATIVITY, AND CONNECT WITH OTHERS THROUGH SIMPLE WRITING EXERCISES. NO EXPERIENCE NEEDED—JUST BRING YOUR IMAGINATION!

SATURDAY,
APRIL 19TH

KARI'S CREATE AND PAINT

JOIN US FOR A CREATIVE AFTERNOON PAINTING POTTERY AT KARI'S CREATE AND PAINT STUDIO IN STILLWATER! TRANSPORTATION PROVIDED AND SESSION FUNDED BY GUILD. MUST RSVP.

MONDAY,
APRIL 7TH



BSP Updates



 **GET IN TUNE WITH YOURSELF
AT OUR NEW MUSIC THERAPY
PROGRAM!** 

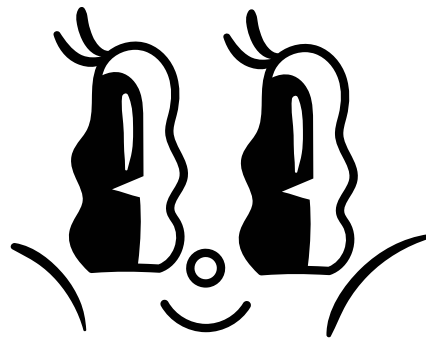
**KICK OFF MAY WITH A NEW WAY TO UNWIND,
CONNECT, AND HAVE FUN—OUR MUSIC
THERAPY PROGRAM! WHETHER YOU'RE
LOOKING TO JAM OUT, DE-STRESS, OR MAKE
NEW FRIENDS, THIS IS YOUR SPACE TO
EXPLORE THE POWER OF MUSIC.**

**NO EXPERIENCE NEEDED—JUST BRING YOUR
CURIOSITY AND LOVE FOR A GOOD BEAT!**

**COME PLAY, LISTEN, AND DISCOVER HOW
MUSIC CAN BOOST YOUR MOOD, SPARK
CREATIVITY, AND HELP YOU FEEL MORE
CONNECTED. DON'T MISS OUT—THIS COULD BE
YOUR NEW FAVORITE WAY TO VIBE!**

STARTING IN MAY | INSTRUMENTS PROVIDED.

Cooking with Diane



BAKED FISH

FRIED FISH IS ONE OF MY FAVORITE WAYS TO COOK FISH. HOWEVER, IF YOU WANT TO REDUCE THE CALORIES BAKED IS THE WAY TO GO.

INGREDIENTS

- 1 LB. WHITE FISH FILETS (COD, TILAPIA, OR HALIBUT PICK YOUR FAVORITE)
- 1-2 TABLESPOON OLIVE OIL (CANOLA OIL OR VEGETABLE OIL IF DON'T HAVE OLIVE OIL)
- 4 TEASPOON OF FISH SEASONING (OLD BAY SEAFOOD SEASONING MIX OR MAKE YOUR OWN BLEND. (SALT, PEPPER, LEMON PEPPER, PAPRIKA OR ANY COMBINATION OF SPICES FOR FISH.

DIRECTIONS

1. PREHEAT OVEN TO 375 DEGREES.
2. LINE BAKING SHEET WITH FOIL
3. DRY FISH WITH A PAPER TOWEL OR CLEAN KITCHEN TOWEL. PLACE FISH ON A BAKING SHEET AND RUB THE OIL OVER THE FISH FILLETS, COVERING BOTH SIDES.
4. SPRINKLE THE FISH WITH SEASONINGS BOTH SIDES
5. PLACE IN THE OVEN FOR 15 MINUTES OR LESS DEPENDING ON THE SIZE OF THE FILLETS. DO NOT OVERCOOK

NOTES:

THE THICKNESS OF YOUR FILETS WILL DETERMINE HOW LONG THEY NEED TO BE BAKED. THINNER FILETS WILL COOK FASTER IN THE OVEN. IF YOU HAVE A THERMOMETER THE INTERNAL TEMPERATURE SHOULD BE 145 DEGREES.

IF YOU DON'T HAVE A THERMOMETER, USE A FORK IF IT FLAKES EASY IT IS DONE.

FINISHING TOUCH, SQUEEZE FISH WITH LEMON AND ENJOY!