



# Community Support Program Newsletter

MARCH  
2026



## Mental Health Day on the Hill

Please join the CSP at NAMI's Mental Health Day on the Hill on Thursday, March 26. This powerful day brings together advocates from across Minnesota (including your fellow members) for education, connection, and inspiration. Together, we will have the opportunity to meet with legislators and policymakers to advocate for stronger support and meaningful change for those living with mental illness.



This is our chance to stand together! To show up, speak up, and ensure that every voice is heard. So we hope you will join us as we come together to advocate, inspire, and create meaningful change at NAMI's Mental Health Day on the Hill.

# Groups & Classes

## DINNER CLUB \$\$

March 10<sup>th</sup> | 4:00 p.m.

RSVP to join the Dinner Club to dine on delectable dinner dishes.

## ART WITH JENNIFER

MARCH 2<sup>nd</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> | 1:30 p.m.

## DISCUSSION W/ FATHER STAN

MARCH 13<sup>th</sup> | 1:30 p.m.

## WELLNESS WEDNESDAYS

WEDNESDAYS | 1:00 p.m.

## BIRTHDAY BINGO

MARCH 25 | 1:30 p.m.

Join for a chance to win pizzas from the CSP's Birthday Bingo Bonanza!

# Women's History Month

March is a month to commemorate and honor women's vital role in American history. Originally beginning as a weeklong celebration in Santa Rosa, California by the Education Task Force on March 8th, 1978. It wasn't until the National Women's History Alliance (NWHHA) led groups to lobby for national recognition. These efforts lead Congress to designate March as Women's History Month in 1987.



The NWHHA has declared this year's theme as "Leading the Change: Women Shaping a Sustainable Future". To encourage people to celebrate and be inspired by the diverse contributions of women leading sustainability efforts across environmental, economic, educational, and social justice movements.

# Happy Pi Day

March 14<sup>th</sup> is Pi Day! A never ending number that's the root of engineering, science, physics, and more. Without it, nothing would come full circle, from powering our homes to streaming shows. We'd be left in the dark!



**Happy Birthday** to our members and staff celebrating March Birthdays!

**A birthday poem for you:**

March birthdays sparkle with mischief, waking spring from its winter nap.

Candles dance like tiny breezes, cheering for new adventures ahead.

With lucky shamrocks, longer days, and hints of sunshine sneaking in, your celebration feels like the season itself—bright, bold, and ready to bloom.

Happy March birthday magic for you!

**Scan to Stay Connected**



# CSP will be offering additional services for non-members

Beginning in March, Guild CSP will be offering additional services for non-members:

**Food Pantry Access** - Tuesdays 11a.m. - 3 p.m. During this time Diane will be available to answer Questions about CSP Membership

**Housing Questions** - Guild Staff will be here Mondays & Wednesdays 1p.m. - 4 p.m.

**Questions about County Services** - Guild Staff will be available to answer questions Tuesday from 11a.m. - 3 p.m.

**What does this mean for members.** You may see more people from the community at the CSP. This is an opportunity to be friendly and kind to your neighbors in the community. If you know of others in the community that need assistance, please feel free to share this information with them.

Any questions can be directed to Laurie Bell at [lbell@guildservices.org](mailto:lbell@guildservices.org).

## Member Submissions Spotlight

Why Was the Math Book So Sad?

Answer: Because it had too many problems.

Submitted by Mike ("Mac")

"I didn't do it."

Submitted by Jane D.

(Say it with enough confidence and it almost works... almost.)

Words to the Wise

"Don't stand in the rain without an umbrella... you will get wet."

"Nothing goes right if your underwear is too tight."

Submitted by Cheri M.

Cooking With Diane

# Sarah's Chicken Tortilla Soup

## Ingredients:

- 2 Chicken Breasts
- 2 Bell Peppers (red, yellow, orange, or green)
- 1 Onion (red, yellow, or white)
- Minced garlic
- 1 can of Black Beans
- 1 can of Pinto Beans
- 1 can of Tomato Sauce
- Salt and pepper (to taste)
- 1 tsp Cumin
- 1 tsp Oregano
- 32 oz Chicken Bone Broth
- 3 Jalapenos (or your preferred amount)
- Tortilla strips

## Cooking Utensils:

Large soup pot, Stove, Knife, Cutting board, Measuring Spoons, Colander/strainer, & Ladle/Spoon

## Directions

1. Boil chicken breast in chicken bone broth and add salt (1/4 tsp),
2. Remove chicken if needed to dice/cut or shred; add back to liquid.
3. Bring the soup down to a simmer while preparing & adding the rest of the ingredients.
4. Drain black and pinto beans, add to soup. Add tomato sauce.
5. Dice/mine/chop bell peppers, hot peppers, onion, and garlic (if fresh).
6. Add cumin, oregano, salt and pepper to taste.
7. Serve in a bowl and top with tortilla strips.

\*Optional - Add shredded cheese, green onions, a spoon of sour cream, and any other toppings you might usually use on tacos.



# March 2026

Mon	Tue	Wed	Thu	Fri	Sat	Monthly Notes
2 12:30 PM TED TALK 1:30 PM ART W/ JENNIFER	3 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	4 12:30 PM TED TALK 1 PM JOURNEY EMPLOYMENT	5 12 PM ALL MEMBER MEETING LUNCH WITH FRIENDS	6 12:30 PM WHAT'S HAPPENING 1:30 PM GAMES	7 <b>CLOSED</b>	<p>CSP Open Hours:  Monday 12 - 4, Tuesday 11-3, Wednesday 12-4, Thursday 11-3, and Friday 12-4</p> <p>Tours of the CSP are available on Monday and Friday afternoons. Call Diane for an appointment (651) 457-2248.</p> <p>Classes are subject to change: please call ahead to confirm.</p> <p><b>RSVP</b> (651) 457-2248 on or after the 1<sup>st</sup> of the month.</p>
9 12:30 PM TED TALK 1:30 PM MENTAL HEALTH SUPPORT GROUP	10 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP 4:30 PM DINNER CLUB (RSVP) \$\$	11 12:30 PM TED TALK 1:30 PM WELLNEES GROUP	12 11:30 AM MORNING MOTION 1 PM GAMES	13 12:30 PM WHAT'S HAPPENING 1:30 PM DISCUSSION W/ FATHER STAN	14 <b>CLOSED</b>	
16 12:30 PM TED TALK 1:30 PM ART W/ JENNIFER	17 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	18 12:30 PM TED TALK 1:30 PM WELLNEES GROUP	19 12 PM LUNCH WITH FRIENDS	20 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	21 <b>CLOSED</b>	
23 12:30 PM TED TALK 1:30 PM LAC MEETING	24 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	25 12:30 PM TED TALK 1:30 PM BIRTHDAY BINGO	26 <b>CSP CLOSED</b> <b>MENTAL HEALTH</b> <b>DAY ON THE HILL</b>	27 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	28 <b>CLOSED</b>	
30 12:30 PM TED TALK 1:30 PM TRIVIA	31 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP					