

Community Support Program

NEWSLETTER

August 2026



Empowering People.
Empowering Change.

Guild CSP community!

We are writing to connect you with the latest information from our program.



Join us for the NAMI Walk September 26th!

Join us on Saturday, September 26th from 9 am to noon at Minnehaha Falls Regional Park. Event Route Length: 5K (3.1 miles). A turnaround point will be listed at half a mile from the starting location, for a 1 mile walk option.

Go to <https://www.namiwalks.org/teams/85208> and click "Join our Team" to register!

For more information:
<https://namiwalks.org/minnesota>



Groups & Classes



BIRTHDAY BINGO

AUGUST 26 | 1:30 p.m.



ART WITH JENNIFER

AUGUST 7, 14, 21, 28 | 1:30 p.m.



DINNER CLUB

AUGUST 4 | 4:30 p.m.
ZE'S DINER - RSVP \$\$



DAKOTA COUNTY FAIR

SATURDAY, AUGUST 15 | 10 am
RSVP \$



STORIES WITH JIM

AUGUST 12, 27 | 1:30 p.m.



FEED MY STARVING CHILDREN

AUGUST 12 | 11:30am

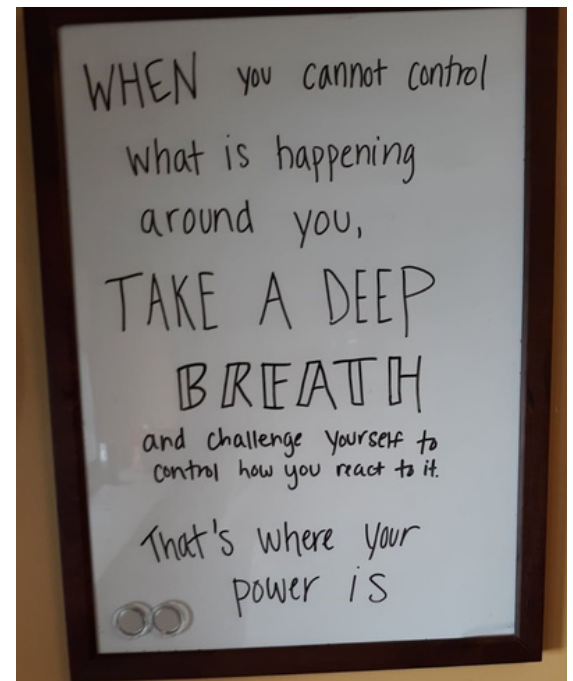
Feed My Starving Children (FMSC) is a Christian non-profit that tackles global hunger by coordinating volunteers to hand-pack scientifically formulated, vitamin-rich meals. These meals are shipped to humanitarian partners operating orphanages, schools, and clinics in over 70 countries.

RSVP

Jokes

Submitted by
CSP member
Mike N:

**Have you
seen the
movie
Constipated?
No? It's
because it
hasn't come
out yet!**



MENTAL HEALTH AWARENESS WORD SEARCH

W T D F Q M L S G L U D A I V H G T T B S O O M S
D D E F F A D B Y R Y N O B P Z Q I P M F G E C O
N G W N D Y V M V K A A D F R E E D O M E R X O G
S U Q Z R U C F X S Q T H E I S R P B P C S E F W
W E R C E U O P P H I T I R R K Q G Z X I L R K X
J R L E U M Y A S X C M K T C S N H P L Q E C X K
A S C F F W Q G C U Q F K U U D T U Z V U E I K E
D O K D E L V X V C P P C Y B D I A I X D P S R P
V K X V B S E C E H E P B O M O E M N I M N E T M
O I D T T Y T C M Z B P O K P Y R T Z D E E M D E
C Y I P P C W E T K L X T R G I D O L A I U Q T M
A V H T B F U U E I M L H A T H N T Y X X N U H O
C B X F H O P E Q M O H S E N R E G C Y Q Z G E T
Y N U L E M P A T H Y N W F A C M P S A N U I R I
Z P O S I T I V I T Y A V J I L E G J K L H O A O
N A K K V M I N D F U L N E S S I F U Y I E E P N
I W S O A D G M A Z G N V G S Y K N W R T L A Y N
A T J E N Q O C N H I C Q D E P L U G Q Z D L L Y
J R V Z L T Z V Z Z E M P O W E R M E N T T U S Y
J V I K U F R D J S T R E N G T H D X M K U P P M
X B S V C C C K B O L X G O V F W E L L N E S S E
K W C R C X J A I D R E S I L I E N C E D T M D G
T Y R E G V P A R F Z Z F R T A L K F R T M O W H
I Q A L F D M B C E A U V X Y V W E Q R J Q J A D
L C O M P A S S I O N E H I O Y Q W O L Y D V G I

ACCEPTANCE
ADVOCACY
COMPASSION
COPING SKILLS
EMOTION
EMPATHY
EMPOWERMENT

EXERCISE
FREEDOM
GRATITUDE
HEALING
HOPE
MINDFULNESS
POSITIVITY

REFLECTION
RESILIENCE
SELF-CARE
SELF-ESTEEM
SLEEP
STRENGTH

SUPPORT
TALK
THERAPY
UNDERSTANDING
WELLNESS



2026 Art Show & Open House

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: Wednesday,
September 16th, 3-6 p.m.

WHERE: Guild CSP
1740 Livingston Avenue West St. Paul

Submit your art to the CSP Art Show by Friday, August 7th!

Guild clients and staff are also 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:

Fill out the submission forms and release forms and turn them in to Julie and Diane at the CSP with your artwork before Friday, August 7th. Artwork will not be accepted without both completed forms



Cooking with Diane

Easy Pesto Rice Bake

Makes 5 Servings

Submitted by Julie Barrett, staff

Ingredients

- 1 ½ cup vegetable broth
- 1 cup basmati rice
- 1 jar storebought pesto (6 ounce jar)
- 1 can chickpeas, drained and rinsed (15 ounce can)
- 8 ounces fresh mushrooms, sliced or roughly chopped
- 1 medium shallot or small onion, diced
- Salt and pepper to taste
- 3 ounces neufchatel cream cheese, cut into cubes
- 1 cup shredded mozzarella

Directions

1. Bring the broth to a boil in a saucepan. Meanwhile, rinse the rice under cool running water. Preheat the oven to 400°F.
2. In the 9x13 baking dish add the rinsed rice, pesto, drained chickpeas, chopped mushrooms, diced shallot, salt and pepper. Stir to combine.
3. Carefully pour in the vegetable broth, stirring to combine again. Cover the baking dish tightly with foil.
4. Bake at 400F for 25 minutes or until the rice is mostly cooked through. Remove from the oven and stir.
5. Stir in the cream cheese and top with shredded mozzarella. Bake uncovered for another 10 - 15 minutes.
6. Remove from the oven and let rest for 5 minutes before serving.

Cooking Utensils

9x13 inch baking dish, tinfoil

Cooking Time

- Prep Time: 5 minutes
- Cook Time: 35 minutes
- Total Time: 40 Minutes

Add shredded chicken (or your favorite protein) and customize ingredients to your liking!



Original recipe can be found at <https://cozypeachkitchen.com/pesto-rice-bake/>

Join us for a cooking class on August 19!



Join us on August 19 to grow your cooking skills!

We will be featuring one of the recipes from Cooking with Diane.

RSVP is required. Please call 651-285-3393 after August 1st to RSVP.

August 2026



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SUN	MON	TUE	WED	THU	FRI	SAT
						1 Closed
2 Closed	3 12:30 PM Ted Talk 1:30 PM Name that Tune	4 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group 4:30 PM Dinner Club - RSVP \$\$	5 12:30 PM Ted Talk 1:30 PM Journey Employment	6 12 PM All Member Meeting Lunch With Friends	7 12:30 PM What's Happening 1:30 PM Art with Jennifer OR card games	8 Closed
9 Closed	10 12:30 PM Ted Talk 1:30 PM Trivia	11 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group	12 11:30 AM Feed My Starving Children - RSVP 1:30 PM Storytelling with Jim	13 CSP CLOSED FOR STAFF EVENT	14 12:30 PM What's Happening 1:30 PM Art with Jennifer OR puzzles	15 Dakota County Fair - RSVP \$
16 Closed	17 12:30 PM Ted Talk 1:30 PM Outdoor Games	18 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group	19 12:30 PM Ted Talk 1:30 PM Cooking Class - RSVP	20 12 PM Lunch With Friends	21 12:30 PM What's Happening 1:30 PM Art with Jennifer OR word puzzles	22 Closed
23 Closed	24 12:30 PM Ted Talk 1:30 PM LAC Meeting	25 11:30 AM Morning Motion 12 PM Peer Support 1 PM Discussion with Fr. Stan	26 12:30 PM Ted Talk 1:30 PM Birthday Bingo	27 11:30 AM Morning Motion 1:30 PM Storytelling with Jim	28 12:30 PM What's Happening 1:30 PM Art with Jennifer OR coloring	29 Closed
30 Closed	31 12:30 PM Ted Talk 1:30 PM Trivia					

MONTHLY NOTES

CSP Open Hours: MON/WED/FRI 12 - 4 | TUE/THU 11 - 3

Tours of the CSP are available on Monday and Friday afternoons. Call Diane for an appointment (651) 285-3393.

Classes are subject to change: please call ahead to confirm. RSVP (651) 285-3393 on or after the 1st of the month.