

Community Support Program

NEWSLETTER

September 2026



Empowering People.
Empowering Change.

Guild CSP community!

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

September is Suicide Prevention Month



988 | **SUICIDE & CRISIS
LIFELINE**

September 8 is 988 Day! If you are experiencing an emergency, call 911 or call/text 988 for the Suicide and Crisis Lifeline.

September is Suicide Prevention Month, and this year's theme is "Changing the narrative: Start the conversation." As NAMI's website says, "With one conversation, asking someone how they're really doing — and being ready to truly listen — can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation."

NAMI Minnesota offers free suicide prevention education for community members, family and friends, and professionals. For more information visit <https://www.nami.org/stay-connected/events/awareness-events/suicide-prevention-month/> or scan the QR code above.

Groups & Classes



MOVIE

SEPTEMBER 17 | 1:15 p.m.

Arrive early and help choose the movie!



ART WITH JENNIFER

SEPTEMBER 4, 11, 18, 25 | 1:30 p.m.



DISCUSSION WITH FATHER STAN

SEPTEMBER 23 | 1:30 p.m.



STORIES WITH JIM

SEPTEMBER 9, 21 | 1:30 p.m.



DINNER CLUB

SEPTEMBER 8 | 4:30 p.m.

Cossetta's - RSVP \$\$



WALKING CLUB

TUESDAYS | 11:30 am

SEPTEMBER 3 | 11:30 am

Get in shape for the NAMI Walk with your friends at the CSP!

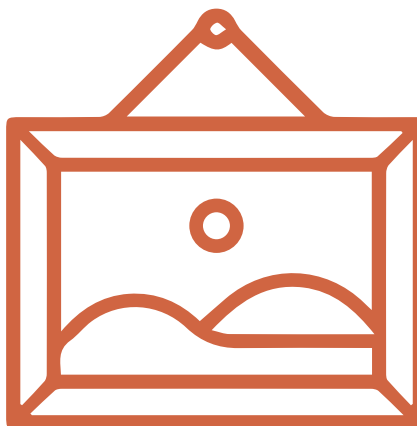
Lace up your walking shoes and let's get moving together.

NAMI Walk - September 26th

Meet at the CSP bright and early at 8:00 am on Saturday, September 26th for the annual NAMI Walk! It's time to join together to support NAMI by participating in the walk with your friends at the CSP. Come join us as we walk for mental health! NOTE: Opening remarks start at 9 am, which is earlier in the day than in previous years. Please RSVP and register at <https://www.namiwalks.org/teams/85208> (click "Join Our Team"), scan the QR code, or ask team captain Julie Barrett for assistance.



scan me!



CSP Art Show - September 16th 3 - 6pm

Join us at the CSP on Wednesday, September 16 from 3 to 6 pm to celebrate the artistic achievements of our Guild community! Light refreshments will be served. Member hours are cancelled on September 16 due to the art show. We look forward to seeing you there!



Veronica's Homemade Gifts and Soaps

SEPTEMBER 14 | 1:15 p.m.

Learn how to make homemade gifts and soaps with the CSP's resident soap-making expert, Veronica L! Join us on September 14 at 1:15 pm to learn more.

**Check out Guild's
New Website**



Look what you missed!

Some friends from the Guild CSP went to the Dakota County Fair on Saturday, August 15th. A fun time was had by all! Photo, left to right: Misty L, Veronica L, and Dan N.



Let's Go Fishing!

Let's Go Fishing is back! Meet at the CSP at 8:00 am on Thursday, September 17th. Come join us for a day of fun and fishing, cruising down the St. Croix River and enjoying the outdoors! Make sure to RSVP and be at the CSP promptly at 8:00 am.

Cooking with Diane Cabbage Salad

Makes 4 Servings

Ingredients

- ½ green cabbage, sliced thinly
- 1 bunch radishes, greens removed, sliced thinly
- 1 red onion, sliced thinly
- 1 tablespoon salt
- 1 tablespoon maple syrup
- ½ cup vinegar (rice vinegar, apple cider vinegar, or sherry vinegar, or a combination)

Directions

1. Combine all ingredients in a large bowl and mix well with hands.
2. Let sit for about one hour to tenderize.

<https://www.millicityfarmersmarket.org/recipes/cabbage-salad/>

Cooking Utensils

Large bowl and knife

Cooking Time

- Prep Time: 10 minutes
- Refrigeration: 1 hour
- Total Time: 1 hour 10 Minutes



Celebrate Hispanic Heritage Month Sept 15 – Oct 15



National Hispanic Heritage Month runs from September 15 to October 15. It celebrates the history, culture, and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. It starts on September 15 to mark the independence anniversaries of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

Mexico celebrates its independence on September 16, and Chile celebrates on September 18. You can celebrate by exploring art and history at local exhibits featuring Hispanic artists, pick up books by famous writers, watch documentaries, support local Hispanic businesses, enjoy music and dance, attend community events, or support local Hispanic organizations.

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SUN	MON	TUE	WED	THU	FRI	SAT
		1 11:30 AM Walking Club 12 PM Peer Support 1 PM Music Group	2 12:30 PM Ted Talk 1:30 PM Journey Employment	3 11:30 AM Walking Club 1 PM Outdoor Games with Root Beer Floats	4 12:30 PM What's Happening 1:30 PM Art with Jennifer	5 Closed
6 Closed	7 CLOSED FOR LABOR DAY HOLIDAY	8 11:30 AM Walking Club 12 PM Peer Support 1 PM Music Group 4:30 PM Dinner Club - RSVP \$\$\$	9 12:30 PM Ted Talk 1:30 PM Storytelling with Jim	10 12 PM All Member Meeting Lunch With Friends	11 12:30 PM What's Happening 1:30 PM Art with Jennifer	12 Closed
13 Closed	14 12:30 PM Ted Talk 1:15 PM Veronica's Homemade Gifts and Soaps	15 11:30 AM Walking Club 12 PM Peer Support 1 PM Music Group	16 CLOSED FOR MEMBER HOURS OPEN 3 - 6 pm ART SHOW	17 8:00 AM Let's Go Fishing - RSVP 11:30 AM Morning Motion 1:15 PM Movie	18 12:30 PM What's Happening 1:30 PM Art with Jennifer	19 Closed
20 Closed	21 12:30 PM Ted Talk 1:30 PM Storytelling with Jim	22 11:30 AM Walking Club 12 PM Peer Support 1 PM Music Group	23 12:30 PM Ted Talk 1:30 PM Spirituality with Stan	24 12 PM Lunch With Friends	25 12:30 PM What's Happening 1:30 PM Art with Jennifer	26 NAMI WALK 8:00 am - RSVP
27 Closed	28 12:30 PM Ted Talk 1:30 PM LAC Meeting at Dakota County Northern Service Center - RSVP	29 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group	30 12:30 PM Ted Talk 1:30 PM Birthday Bingo			Closed
Closed						

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.