Community Support Program

NEWSLETTER

November 2026

guild

Empowering People.
Empowering Change.

Guild CSP community!

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

Grow a Mo, Save a Bro...







This Movember, Let's Talk Mental Health!

Movember is about much more than just growing a mustache—it is a global movement dedicated to changing the face of men's health, with a massive focus on mental health and suicide prevention.

Globally, we lose one man to suicide every minute of every day. In the US, men account for nearly 80% of all suicide deaths. These aren't just statistics; they are our brothers, fathers, friends, and coworkers.

The Power of a Simple Conversation
Societal expectations often pressure men to "tough it out" or keep their struggles to themselves. This Movember, we want to break that silence. You don't need to be an expert to help a friend who might be struggling.

How You Can Get Involved

- Grow a Mo: Use your mustache as a walking billboard to start conversations and raise awareness
- Move for Movember: Commit to walking or running 60 miles this month—one mile for every man we lose to suicide every hour across the world.
- Reach Out: Dedicate time this week to text or call a friend you haven't spoken to in a while.

Let's look out for one another. Together, we can stop men dying too young.

Groups & Classes

BIRTHDAY BINGO

NOVEMBER 25 | 1:30 p.m.

“MOVEMBER” MENTAL HEALTH SUPPORT

NOVEMBER 30 | 1:30 p.m.
Everyone is welcome - not just men!

ART WITH JENNIFER

NOVEMBER 9, 13, 16, 20 | 1:30 p.m.

DISCUSSION WITH FATHER STAN

NOVEMBER 6 | 1:30 p.m.

STORIES WITH JIM

NOVEMBER 2, 18 | 1:30 p.m.

POOL TOURNAMENT

NOVEMBER 14 | 12 - 3 p.m.
Join us at the CSP for our semi-annual pool tournament!

Member Corner

Featuring a poem written Johnathan Hiatt

For Mrs. Wiens
By Jonathan L. Hiatt

I was at a crossroads
I had not planned on.
I floated in the midst as angels
sent by a God of rescue
spoke to me in languages,
foreign tongues I couldn’t understand.

I tried to resist at first
as darkness and despair enveloped me.
And aren’t you relieved to grieve awhile
because aren’t you allowed to
when your vision has become cloudy
like you have a log in your eye?

The drugs can only do so much,
I told myself
as my once slender frame
began to carry the burdens of Atlas,
the weight, pressed down upon my shoulders
but the doctor shrugs when I tell her.

I didn’t imagine
How my life would be so different
now that I was on the margins.
So, I asked God, “Why?”
while trying to make sense of it as I pretended
I was fine and could simply observe

with radical acceptance
instead of losing my mind
while trying to be forever present.

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Looking Back on NAMI Walk 2026





Save the Date

CSP CRAFT FAIR
Wednesday, December 9.
All are welcome!
Talk to Diane ASAP to participate

Winter Gear Donations

Seeking donations - especially plus size gently used.



Remember to Vote on or by November 3rd!

You don't have to wait until Election Day on Tuesday, November 3, 2026 to make your voice heard. Minnesota offers convenient options for all eligible voters to cast their ballots early—no excuse required.

Here is how you can check voting off your to-do list early:

- In-Person Absentee & Early Voting: You can vote in person at your county election office, city hall, or other designated local hubs. Official early voting locations are open now and run through Monday, November 2, 2026. Many locations even offer extended hours, including evening and weekend options.
- Vote by Mail: Any registered voter can request an absentee ballot online or by mail. Just be sure to return it promptly—mail-in ballots must be received by election officials by Election Day to count.
- Need to Register? If you missed the online deadline, don't worry! Minnesota allows you to register in person on the spot when you vote early or at your polling place on Election Day. Just remember to bring approved proof of residence.

Find your nearest early voting location and view your personalized sample ballot by visiting the official Minnesota Secretary of State Election Portal.

Cooking with Diane

Marry Me Chicken

Submitted by CSP Member Peter J (delish.com)

Makes 4 Servings



Cooking Utensils
Skillet, Knife, Meat Thermometer, Plate

Cooking Time

- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Total Time: 40 Minutes

Ingredients

- 3 Tbsp. extra-virgin olive oil, divided
- 4 boneless, skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 2 garlic cloves, finely chopped
- 1 Tbsp. fresh thyme leaves
- 1 tsp. crushed red pepper flakes
- ¾ cup low-sodium chicken broth
- ½ cup finely chopped sun-dried tomatoes
- ½ cup heavy cream
- ¼ cup finely grated parmesan cheese
- Torn fresh basil, for serving

Directions

1. Arrange a rack in center of oven; preheat to 375 degrees. In a large ovenproof skillet over medium-high heat, heat 1 Tpsp. oil. Generously season chicken with salt and black pepper and cook, turning halfway through, until golden brown, about 5 minutes per side. Transfer chicken to a plate.
2. In same skillet over medium heat, heat remaining 2 Tbsp. oil. Stir in garlic, thyme, and red pepper flakes. Cook, stirring, until fragrant, about 1 minute. Stir in broth, tomatoes, cream, and parmesan; season with salt. Bring to a simmer, then return chicken and any accumulated juices to skillet.
3. Transfer skillet to oven. Bake chicken until cooked through and an instant-read thermometer inserted into thickest part registers 165 degrees, 10 to 12 minutes.
4. Arrange chicken on a platter. Spoon sauce over. Top with basil.

Try the 3-Item Gratitude Check

When the day winds down, it's easy for our minds to fixate on the stress, the setbacks, or the never-ending to-do list. But shifting your perspective doesn't require a perfect day—it just takes a tiny pause.

This week, we invite you to try The 3-Item Gratitude Check:

Every evening write down three small, specific things you appreciated about your day.

The secret is focusing on the details. Instead of broad categories like "my health," look for he small, everyday moments:

- The perfect, hot cup of coffee you got to drink while it was still warm.
- A text from a friend or coworker that made you laugh unexpectedly.
- The quiet comfort of getting into a warm bed after a long afternoon.

Taking a few minutes to physically write these down creates a record that trains your brain to notice the good, building emotional resilience over time. Start tonight, and let three small things anchor your evening.

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SUN	MON	TUE	WED	THU	FRI	SAT
						Closed
1 Closed	2 **12:30 PM** Ted Talk **1:30 PM** Stories with Jim	3 **11:30 AM** Morning Motion **12 PM** Peer Support **1 PM** Music Group	4 **12:30 PM** Ted Talk **1:30 PM** Journey Employment	5 **12 PM** All Member Meeting Lunch With Friends	6 **12:30 PM** What's Happening **1:30 PM** Spirituality with Stan	7 Closed
8 Closed	9 **12:30 PM** Ted Talk **1:30 PM** Art with Jennifer	10 **11:30 AM** Morning Motion **12 PM** Peer Support **1 PM** Music Group	11 **CLOSED FOR STAFF EVENT**	12 **11:30 AM** Morning Motion **1:30 PM** Trivia	13 **12:30 PM** What's Happening **1:30 PM** Art with Jennifer	14 **Pool Tournament 12 to 3 pm RSVP**
15 Closed	16 **12:30 PM** Ted Talk **1:30 PM** Art with Jennifer	17 **11:30 AM** Morning Motion **12 PM** Peer Support **1 PM** Music Group	18 **12:30 PM** Ted Talk **1:30 PM** Stories with Jim	19 **12 PM** Thanksgiving Meal	20 **12:30 PM** What's Happening **1:30 PM** Art with Jennifer	21 Closed
22 Closed	23 **12:30 PM** Ted Talk **1:30 PM** LAC Meeting at Dakota County Northern Service Center - RSVP	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 **CLOSED THANKSGIVING HOLIDAY**	27 **CLOSED DAY AFTER THANKSGIVING**	28 Closed
29 Closed	30 **12:30 PM** Ted Talk **1:30 PM** "Movember" Mental Health Support					

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.