



Bridgeview News

Lets go to the movies for \$5 tickets!

Tuesday, December 10th!

This winter we will be beating the blues by adding an extra day to go to the movies! So sign up quick as this is an experience you don't want to miss! We will be going to the Andover Cinema if you would like to meet us there! Check in with Lisa to make sure you're on the list!

New Groups Starting Soon!

Depression Group!

Please see Kaitlyn the Care Coordinator to make sure you are on the list or if you would like to be added, so you can join this incredible group! Will be on Fridays from 12:30-2:30p starting on Dec. 6th led by Vanessa!

Healthy Relationships!

Come join us on Tuesday mornings at 10a with Lisa to work on building healthier relationships with our peers, family, friends, and even ourselves!

History Buff is Back!

Do you like history? Do you enjoy hanging out with your peers? Do you want to hang out with your peers and talk about history? If you said yes to those questions, then we have a group for you! Come join us, Friday's at 11:30a!

Donation Policy

Many people provide us with donations, and we are very grateful! We just have a few reminders regarding donations. Donations must be approved, and looked through by staff before being put in the art room or other location. Donations must also be new/unopened. Thank you for considering these things before bringing in your donation!

Thank you to those that have donated to Bridgeview this month!

Our Donation Wish List

To professionals, clinicians, and family members, we are always in need of donations whether it be mental health resource materials, bingo prizes, gift cards (Wal-Mart/Cub) or money. As part of our Meals for Members program, we are looking for in-kind donations of yogurt, pretzels, granola bars, cheese sticks, fruit and fruit cups, bottled water & tea, sturdy divided paper plates, paper bowls, paper towels, napkins, plastic forks & spoons, paper cups, low calorie salad dressing, soy sauce & salsa to complement the warm, balanced meals we serve members each weekday. Thank you for supporting Bridgeview and our mission. Please contact Bridgeview with donations 763-783-7440.



LEE CARLSON CENTER™
For Mental Health & Well-Being

Thank you to all who entered art for the Holiday Card contest!

Congratulations to the two winners:

1st. Place: Rayna whose art will be displayed on the NE Holiday Card.

2nd Place: Ethel whose art will be displayed on the Lee Carlson Center Holiday Card.

Sign up for Our Featured Offsite Activity:

Feed My Starving Children!

Come join us in volunteering at Feed My Starving Children! Remember to sign up quick and make sure that you are 100% committed as we have to let them know an exact number! And back by popular demand, we will be going back to \$5 Below! So come shopping with us! Space is limited as there is only so much room on the van. So please see Lisa for more details and to sign up quick! Don't forget to sign up for the other activities this month! We will be going to Rosedale mall and going bowling!

<https://twitter.com/optionb/status/938512978621603840>



"If you're going through something hard, know that it won't always feel this bad. There is light. There is joy. And you deserve it."

-Sheryl Sandberg

#OPTION8THERE
for the holidays

Bridgeview is one of the many mental health services provided by Lee Carlson Center. Visit us online at www.leecarlsoncenter.org.

Bridgeview Groups

Billed (Therapy) Groups

Symptom Management/WRAP

Wellness Recovery Action Plan. WRAP is about recovery. Key concepts include hope, personal responsibility, education, self-advocacy and support. 15 week commitment. Billable. Facilitated by therapist and CPSS

Mindfulness

A group focusing on meditation and mindfulness activities. Workbook for group, cost \$24.95. Scholarships available. Will start in January and meet on Thursdays from 10:00a-12:00p!

Symptom Mgmt Using Art Therapeutically

This group focuses on the benefits of using creativity including arts and crafts to cope with mental health symptoms. Billable. Therapist facilitated.

Symptom Mgmt Using Music Therapeutically

This group focuses on the benefits of using creativity including music to cope with mental health symptoms. Billable. Therapist facilitated. Will start in January and meet on Thursdays 1:45p-3:00p!

DBT Skills Informed Group

This is a billable group. Will meet for 24 weeks. This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. Therapist facilitated.

Depression Therapy Group

This group focuses on depression and healthy ways to cope with it. Facilitated by therapist. Starting Dec. 6th, Friday's at 12:30p-2:30p!

Support Groups (FREE)

Writing Circle

On Tuesday's from 11:00-12:00 pm. An informal group that covers various styles of writing. Opportunity for writing contests possible. Member facilitated.

Gratitude Journaling

This group allows a person to experience the good things in life. Thursdays 2:00-3:00. Staff facilitated by Laura.

Women's Self-Esteem

Wednesdays at 10:00 am. Provides support and encouragement for women. The group will help you recognize your skills, abilities, and potential. Staff facilitated by Kaitlyn.

Anxiety/Social Phobia

This group will focus /on ways to calm your anxiety, with a focus on social anxiety. Meets on Wednesdays at 1:00 pm. Staff facilitated by Laura.

Role Play Group

This group focuses on role play games such as Starfinder. Meets Fridays from 1:00-2:30 PM. Member facilitated.

Mental Health Support

Peer support, education and encouragement. Meets Tuesdays from 12:30-1:30 pm and Thursdays 12:30-1:30 pm. Staff facilitated by Laura.

Men's Support Group

This group is meant to provide men with the skills to better navigate their lives. Topics will cover a variety of issues. There will be lively discussion and even some role playing! Staff facilitated by Kaitlyn.

History Buff

Come talk about history and engage with your peers! Member facilitated on Friday's at 11:30a-12:30p!

Healthy Relationships

A support group emphasizing healthy communication styles, boundaries, and much more! Meets on Tuesday's at 10:00am. Staff facilitated by Lisa.

YOUR HOLIDAY GRIEF SURVIVAL GUIDE

HOW TO GET THROUGH THE HOLIDAYS WHEN YOU'RE GRIEVING

1. LET YOURSELF SAY 'NO'

Above all else, you need to take care of yourself. If you're feeling sad & not up for going to that holiday party - give yourself permission to say no! Stay home, watch a movie and take care of yourself.

© loveliveson.com

2. IT'S OKAY TO LEAVE EARLY

You might feel like you're up for a social gathering until you get there and realize "I am not okay being here". That's okay! Give yourself permission to go home early - your friends will understand.



3. ALWAYS HAVE AN EXIT STRATEGY

Drive to holiday parties yourself so you have the option to leave as soon as things get too difficult to handle. Avoid hosting if you can - if you host, you can't leave! ALWAYS make sure you have an escape plan in place.

4. YOU'RE ALLOWED TO CHANGE YOUR MIND

So you've said yes to that thing you said you'd do but now you're absolutely dreading it? Know that you're allowed to change your mind! If you've over-committed yourself, be honest! You're allowed to change your mind.

5. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Only surround yourself with people who make you feel supported & understand that you're grieving and might not be up for celebrating this year.



6. KNOW IT'S OKAY TO BE SAD & IT'S OKAY TO BE HAPPY TOO



You don't have to love this holiday season. A lot of it is hard. Give yourself that it's okay to be sad. It's also okay to feel happy - it's okay to get better. It doesn't mean you're "over" the loss.



love lives on.com

<https://www.loveliveson.com/missing-loved-ones-during-holidays/>

Crisis Phone Numbers:

If you are experiencing a mental health crisis and live in Anoka County please

contact Anoka County Crisis Line:

763-755-3801 or text MN to 741741.

If you are experiencing a mental health crisis and live in Hennepin County please

contact COPE at 612-596-1223.

If you are experiencing a mental health crisis and live in Isanti County please contact the crisis line at 800-523-3333.

Writer of the Month: Ben R.

Artist of the Month: Michelle G.

The Man Who Sold the World

He paid for it up front. He didn't pay in gold, silver or copper. He paid it with something more precious. His soul became poison from his own environment. Through greed and through envy. The problem with society if everyone's out for themselves. Everyone staring at a mirror. Instead of looking around and seeing other broken people. Some people spend their whole lives staring at a mirror. No one's willing turn their heads, not even the slightest. You lose yourself in your own reflection. You become your own sorrow and your own anguish. Yourself cannot find peace, there is a restlessness in helping others. That's the only true profitable outcome. Can't find happiness in stuff they love instead of selling yourself short. Cause you can't profit when you're dead.

Ben uses writing as a way to express himself and be able to process and let things go. His daily life and different creative ideas inspire his writing. His piece "The Man Who Sold the World" was a way to express his feelings of other's selfishness and process what that means on how he lives his life.

** If you would like to be artist or writer of the month, please see Laura. We would love to feature you in the next newsletter and display your work!*

Transportation (763)783-3578

Please remember to reserve a seat on the van. Sign up for a van ride by calling the number above or by writing your name in the transportation binder.

OR

If you are driving to BV yourself or are getting a ride from someone/service, please sign up by speaking with Lisa to receive a ride for the activity while at BV.

Transportation Reminder

Please remember to sign up for transportation the by noon the day before you would like a ride. If you need to cancel for any reason, please call by 7:30 AM the day of your ride.



Michelle has been attending Bridgeview for 1.5 years and has been in the art room off and on throughout that time. She recently has started attending the Art 101 class and has been spending more time in the art studio more often. Her piece she named the "Hodge Podge M" and stated that it was more intricate than it appears to make.



LEE CARLSON CENTER™
For Mental Health & Well-Being

Bridgeview Information

Staff phone # (763) 783-7440

Press 1 for Alyssa, Director

Press 2 for Lindsey, Therapist

Press 3 for Lisa, Program Assistant (Intakes)

Press 4 for Laura, Peer Support Specialist

Press 5 for Transportation Line

Press 6 for RISE Employment Specialists

Press 7 for Kaitlyn, Care Coordinator

Activity/Van ride phone # (763) 783-3578

Mailing Address:
Lee Carlson Center for Mental Health & Well-Being
Bridgeview CSP
7954 University Ave.
Fridley, MN 55432

Non-Profit Org.
U.S. Postage
PAID
Permit #217
Anoka, MN 55303



<https://www.dictionary.com/e/december/>

RETURN SERVICE REQUESTED

Bridgeview Donation Network

To contribute to the Bridgeview Community Support Program, please complete this form and return it to Bridgeview.

☐ Yes! I would like to donate funds to Bridgeview. Date: _____

What I would like it to be used for: _____

☐ I would like to contribute: ____\$5 ____\$10 ____\$15 ____\$20 Other amount \$____

Name: _____ Signature: _____



Address: _____

Please mail donation to:
Bridgeview CSP - Lee Carlson Center
7954 University Ave.
Fridley, MN 55432
Please donate online at our website!

December



Bridgeview CSP
7920 University Ave. N.E., Fridley 55432
Staff Phone #: 763-783-7440
Activity/Van Ride Phone #: 763-783-3578

Drop-in:		Monday 9am-3pm	Tuesday 9am-3pm	Wednesday 9am-3pm	Thursday 9am-3pm	Friday 9am-3pm	Saturday
Van:		8am-6pm	8am-6pm	8am-6pm	8am-6pm	8am-4pm	
1	2 Movie Monday! 11:00 Art 101 Demonstration 12:00 Chicken ala King	3 10:00 Healthy Relationships 12:00 Stew 12:30 Mental Health Support Group	4 10:00 Women's Self-esteem 12:00 Fried Chicken 1:00 Anxiety/Social Phobia	5 10:00 Writing Circle 12:00 Sloppy Joes— St. Williams Serving! 12:30 Mental Health Support Group 2:00 Gratitude Journaling	6 10:00 Men's Group 11:00 Taco's 11:30 History Buff 11:45 Offsite Activity: \$5 Below 1:00-2:30 Role Play Group	7	
8	9 Movie Monday! 11:00 Art 101 Demonstration 12:00 Egg Bake	10 LET'S GO TO THE MOVIES! 10:00 Healthy Relationships 12:00 Hot Dogs 12:30 Offsite: Movies 12:30 Mental Health Support Group 	11 10:00 Women's Self-Esteem 12:00 Pizza Casserole 1:00 Anxiety/Social Phobia 3:00 - 7:00p Holiday Social/ Art Show at the Brooklyn Center Clinic!	12 10:00 Writing Circle 12:00 Chicken Pasta 12:30 Mental Health Support Group 2:00 Gratitude Journaling	13 10:00 Men's Group 11:00 Sandwiches 11:30 History Buff 11:45 Offsite Activity: Rosedale Mall 1:00-2:30 Role Play Group	14 Open Drop-In 12-3 pm 12:00 Lunch 1:00 Bingo	
15	16 Movie Monday! 11:00 Art 101 Demonstration 12:00 Scalloped Potatoes and Ham	17 10:00 Healthy Relationships 12:00 Tuna Melts 12:30 Mental Health Support Group	18 10:00 Women's Self-Esteem 12:00 Chicken Caesar Salad 1:00 Anxiety/Social Phobia	19 10:00 Writing Circle 12:00 Fried Chicken— Police will be serving! 12:30 Mental Health Support Group 2:00 Gratitude Journaling	20 10:00 Men's Group 11:00 Asian Meal 11:30 History Buff 11:45 Offsite Activity: Feed My Starving Children 1:00-2:30 Role Play Group	21	
22	23 Movie Monday! 11:00 Art 101 Demonstration 12:00 Oriental Chicken Salad	24 10:00 Healthy Relationships 12:00 Holiday Dinner 12:30 Mental Health Support Group	25 	26 10:00 Writing Circle 12:00 Tater Tot Hotdish 12:30 Mental Health Support Group 2:00 Gratitude Journaling	27 10:00 Men's Group 11:00 Grilled Chicken 11:30 History Buff 11:45 Offsite Activity: Bowling 1:00-2:30 Role Play Group	28	
29	30 Movie Monday! 11:00 Art 101 Demonstration 12:00 Fried Chicken	31 10:00 Healthy Relationships 12:00 Sloppy Joes 12:30 Mental Health Support Group	The art studio is typically open Monday – Friday 10:00am-3:00pm, but will be closed during art therapy groups on Mondays!				