

June 2020, Vol. 10

# VIRTUAL BRIDGEVIEW

*Stay Connected, Stay Supported, Stay Well*

## Let's Do Some Art!

Art Therapy is coming to you virtually! This group's focus is on learning creative and healthy symptom management skills that incorporate many artistic mediums. If you are interested in attending Art Therapy, give Kaitlyn a call at 763-783-7440. We will check your insurance before the group begins to make sure you are fully covered or we will help you apply for our sliding fee scale for Anoka County Residents. Make sure to check out the other Therapy Groups we have to offer!

## COVID REMINDERS!



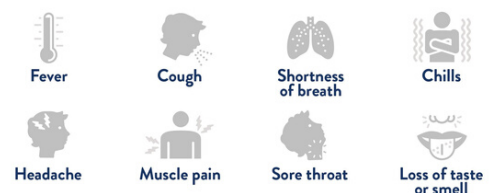
<https://www.health.state.mn.us/people/handhygiene/wash/dontforget.html>

**STAY SAFE MN**

## Prevent the Spread of COVID-19



## WATCH FOR SYMPTOMS



For more information, visit [health.mn.gov](https://health.mn.gov)  
HOTLINE: 651-297-1304 or 1-800-657-3504

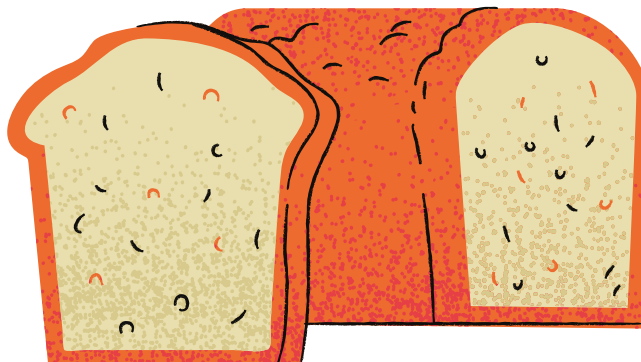
**mn MINNESOTA**  
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

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For Mental Health & Well-Being

## Lisa's Favorite Banana Bread

### Ingredients

- 3 Ripe Bananas mashed
- 6 Tbs melted Butter
- 1 egg
- ½ Cup sugar
- ½ Cup brown sugar
- 1 Tsp vanilla
- 1 1/2 Cup flour
- ¼ Tsp salt
- ¼ Tsp baking soda



### Instructions:

1. Mix the bananas, butter, egg, sugar, brown sugar, and vanilla until just blended.
2. Then add the flour, salt, and baking soda.
3. Mix till blended then pour into greased loaf pan.
4. Bake at 350 for 1 hour and 15 minutes and ENJOY!

## Resource Corner:

### Food:

- Hunger Solutions offers the statewide Minnesota Food HelpLine to help you find food resources for your family. Call 1-888-234-1268 or visit their website at [hungersolutions.org](http://hungersolutions.org)
  - Northtown YMCA and Andover YMCA, every Monday-Friday between 12pm-2pm drive up and receive a bag of food!
  - **Crisis Lines:**
    - 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.
- Minnesota Warmline: call toll-free 877-404-3190 or text "Support" to 85511 from 5pm - 10pm!

## GET SUPPORT THROUGH GROUPS!

Give us a call and ask about our therapy groups! If you are struggling and need help accessing services or groups, please reach out! Have any questions about what the groups entail or to find out if you are eligible, give us a call and we can help answer any questions you may have at 763-783-7440!

### List of our Therapy Groups:

- DBT
- Music
- Women's Anger Management
- Anxiety



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# ACTIVITY PAGE!

## Cryptogram - Answer

"When I was a boy  
and I would see  
scary things in the  
news, my mother  
would say to me,  
"Look for the  
helpers. You will  
always find people  
who are helping."  
-Fred Rogers



## Word Search

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

### Word List

AIR CONDITIONER  
BEACH  
BOAT  
CAMPING  
FLOWERS  
HEAT  
HIKING  
HUMIDITY  
ICE CREAM  
LIGHTNING  
NATURE  
PARK  
PICNIC  
SANDALS  
SANDCASTLES  
SEASHORE  
SUNSHINE  
THUNDER  
WATERMELON

## Member Poll:

Are you more  
of a:



Cat person

Dog Person

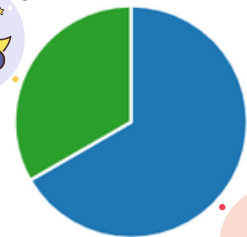


Neither

We want to hear  
from you, so send  
us your answers!  
Give us a call at  
763-783-7440



Previous Poll Results:  
Favorite Time of Day



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MAILING ADDRESS:  
LEE CARLSON CENTER FOR  
MENTAL HEALTH & WELL-BEING

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PAID  
Permit #217  
Anoka, MN

BRIDGEVIEW CSP  
7954 UNIVERSITY AVE.  
FRIDLEY, MN 55432

**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!**

## Support Groups!

### Monday:

- 11am - Art 101
- 1pm - Anxiety
- 2 pm - Healthy Lifestyles

### Tuesday:

- 11am - Gratitude Journaling
- 12:30pm - Mental Health Support Group
- 2pm - Relaxation

### Wednesday:

- 10am - Women's Self Esteem
- 11am - Wellness Wednesdays
- 12:30pm - Art 101 - Watercolor Wednesdays
- 2pm - Grief and Loss

### Thursday:

- 11am - Anxiety
- 12:30pm - Mental Health Support Group
- 2pm - Gratitude Journaling

### Friday:

- 1pm - Fun Fridays
- 2pm - Mental Health Support Group

## Get a hold of

## Bridgeview Staff!

Bridgeview: 763-783-7440

Monday-Friday 9am-3pm

- Alyssa, Director:
  - 763-780-3036 ext. 832
- Lisa, Program Assistant:
  - 763-780-3036 ext. 364
- Laura, Certified Peer Support Specialist:
  - 763-780-3036 ext. 377
- Kaitlyn, Care Coordinator:
  - 763-780-3036 ext. 526
- Dani, Intern:
  - 763-780-3036 ext. 366
- Samantha, Intern:
  - 763-780-3036 ext. 661

**To sign up for a support or therapy group, give us a call with your email address and we will get you set up!**



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# Samantha's Spot

Samantha's Self Care Tips:



**SPEND TIME  
OUTSIDE**



benefits to spending time in the outdoors include:

- Being outdoors can reduce stress
- Enjoying the outdoors has been shown to decrease fatigue
- It can lower your blood pressure
- Improves your ability to focus
- It may increase your creativity
- Helps you get more Vitamin D. It also helps your body absorb more of certain minerals, like calcium and phosphorus.
- It can help improve your sleep
- Being outdoors helps to improve your immune system

*Take  
care  
of yourself*

Information found at:

<https://www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7#with-all-this-its-not-surprising-that-outdoor-time-is-associated-with-a-lower-overall-risk-of-early-death-12>

<https://www.webmd.com/balance/ss/slideshow-health-benefits-nature>

## LET'S VOLUNTEER!

Are you looking to give back? Check out this amazing website that allows you to see a ton of local volunteer opportunities and they have a ton of virtual volunteer options too!

<https://www.handsontwincities.org/>



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