

June 2020, Vol. 11

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

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 - Starting Aug. 5th, from 10am-12pm!
- Music
- Women's Anger Management
- Anxiety
- Symptom Management WRAP
- Art Therapy



YOU CAN HAVE YOUR CAKE, AND EAT IT TOO!



Let's get cooking with Dani during Wellness Wednesday on July 8th! Join Dani in making your own personal cake! Gather the ingredients below and attend Wellness Wednesday on July 8th at 11am! If you haven't attend one of our support groups, give us a call and we can get you set

Ingredients:

up at 763-783-7440!

- | | |
|--|--------------------------------|
| • 3 tablespoons vegetable oil , or canola | • 2 tablespoons milk |
| • 3 tablespoons sugar | • 3 tablespoons flour |
| • 1 large egg yolk , or substitute for 1 extra tablespoon milk | • 2 tablespoons cocoa powder |
| | • 1/2 teaspoon baking powder |
| | • 1 tablespoon chocolate chips |



LEE CARLSON CENTER™
For Mental Health & Well-Being

Best Chicken Salad Sandwiches

<https://www.delish.com/cooking/recipe-ideas/recipes/a54787/best-chicken-salad-sandwich-recipe/>

Ingredients:

- 3 boneless skinless chicken breasts
- 6 slices lemon
- 6 sprigs dill, plus 1 tbsp. chopped
- 1 green apple, chopped
- 1/2 red onion, finely chopped
- 2 celery stalks, finely chopped
- 2/3 c. mayonnaise
- 1/4 c. Dijon mustard
- 2 tbsp. red wine vinegar
- Kosher salt
- Freshly ground black pepper
- Baguette, for serving
- Butter lettuce, for serving



Instructions:

1. In a large pot, arrange the chicken in a single layer. Place lemon slices and dill sprigs on chicken and pour water over it, covering by at least an inch. Bring water to a boil, then reduce heat and simmer until cooked through, 10 minutes. Let rest 10 minutes, then slice into 1" pieces.
2. In a large bowl, combine chicken, apple, onion, and celery.
3. In a medium bowl, whisk together mayonnaise, Dijon, and vinegar and season with salt and pepper.
4. Pour dressing over chicken mixture and toss.
5. Garnish with chopped dill and serve on a baguette with lettuce.

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
- 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!



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ACTIVITY PAGE!

Summer Word Scramble

BAINOGT

KINBII

CEABH

GACPINM

NIPCIC

WRTAPREKA

NUHDRTE

RESCEUNSN

NAF

RUTSODOO

SDSECATNALS

NEIDGRGNA

TIMIDUYH

NAITOCAY

LERFOWS

RALVET

RIFTU

TEOMERWALN

SASNADL

HOTRSS

TEAH

RINA

SOPLEPCI

CICMERECA

GIIHNK

SOTRMS

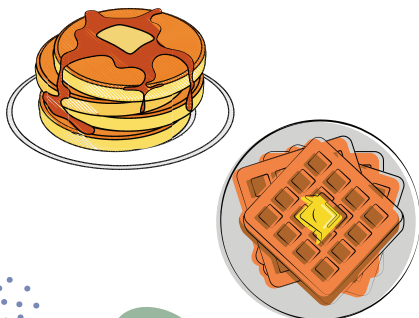
NIGIHLGTN

NEHINSUS

MUERSM COLSTESI

Member Poll:

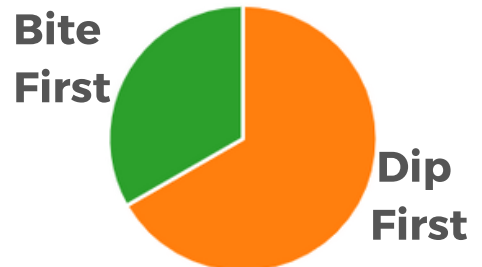
Pancakes or
Waffles?



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



Previous Poll Results:
How to eat an Oreo!



LEE CARLSON CENTER™
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LEE CARLSON CENTER FOR
MENTAL HEALTH & WELL-BEING

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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 - Brain Booster with Samantha!

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
- 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 Tip:



LISTEN TO MUSIC



Benefits to listening to music can include:

- Improved motivation and concentration
- Reduced stress and anxiety
- Improve your memory
- Help manage pain
- Help you sleep better
- Can improve your mood


Take
care
of yourself

Information found at:

<https://www.verywellmind.com/surprising-psychological-benefits-of-music-4126866>

<https://onsia.com/mental-health-benefits-music/>

Stress Relief Kit

Puzzle Piece - Because without you things are not complete. 



Penny - So you can never say "I'm Broke."

Candle - To remind you to shine brightly.

Smarty's - To help on those days when you don't feel so smart.

Snickers - To remind you to take time to laugh. 

Rubber Band - To stretch yourself beyond your limits.



Happy Face - Smiling is contagious.

Battery - To give you the extra charge to keep going and going.

Paper Clip - To help hold things together when they seem to be out of control. 

