

May 2020, Vol. 6

# VIRTUAL BRIDGEVIEW

*Stay Connected, Stay Supported, Stay Well*

## **MORE THERAPY GROUPS ARE BEING ADDED!**

We continue to provide even more therapy groups. We are listening to your needs! If you are struggling and need help accessing services or groups, please reach out! If you 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!

### **Newest group:**

- Music Therapy: Participants will practice music assisted mindfulness and relaxation techniques including deep breathing and guided imagery. Focus on anxiety reduction. This group will be on Thursdays at 11am!

### **Therapy Groups that you can still sign up for:**

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

## **LET'S END MENTAL HEALTH STIGMA!**

With May being Mental Health Awareness month, I am challenging everyone to express different ways that ending the stigma for Mental Health means to them. This can be expressed in a variety of ways. You could make a poster or a card; or expressed in writing or a video. The options are endless and I can't wait to see what everyone comes up with! Let me know if you have any questions or to submit their concept!

— Kaitlyn Johnson

# Three Ingredient Dinner Rolls

<https://ourtableforseven.com/2016/01/three-ingredient-dinner-rolls.html>

## Ingredients

- 2 cups self rising flour
- 4 TBSP plain Greek yogurt
- 1 cup milk



Total: 25 mins

Prep: 10 mins

Cook: 15 mins

Yield: 12 Rolls

## Instructions:

1. Preheat oven to 350 degrees. Grease 12 count muffin pan.
- 2 In a mixing bowl, combine flour, yogurt and milk until well mixed.
3. Scoop batter evenly into prepared muffin pan.
4. Bake for 15 minutes or until lightly brown



[www.coolpeoplecare.org](http://www.coolpeoplecare.org)

<https://unwindyourmind.wordpress.com/tag/positive-mental-health/>

## 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 every Monday-Friday between 12pm-10pm 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 !



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

# Activity Page!

## Cryptogram Answer:

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -

Maya Angelou



## Sudoku

[http://www.printablee.com/post\\_printable-sudoku-puzzles-to-print\\_43213/](http://www.printablee.com/post_printable-sudoku-puzzles-to-print_43213/)

	8			7			9	
9								7
		2				6		
	3		6		4		8	
	7		2		8		5	
		4				8		
5								2
	1			9			3	

## Member Poll:

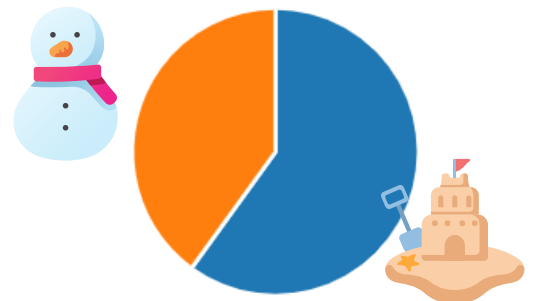
Would you rather  
fly in a plane or  
ride in a train?



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



Previous Poll Results:  
Beach vs. Snow



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

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

Non-Profit  
Org.  
U.S. Postage  
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:

- 10am - Men's Group
- 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
- Lindsey, Therapist:
  - 763-780-3036 ext. 859
- 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

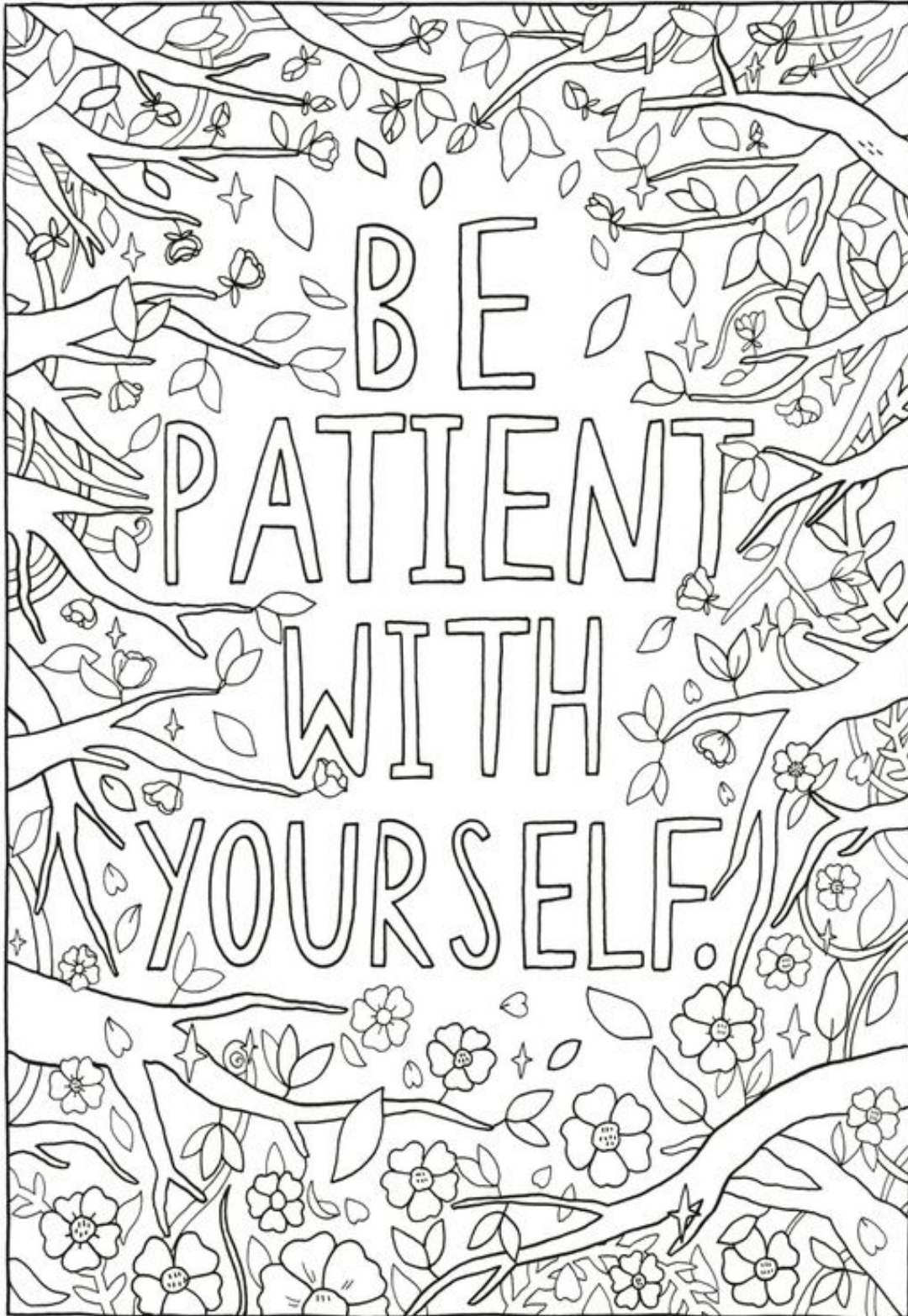
**To sign up for a support or therapy group, give us a call with your email address and we will get you set up!**



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

# Coloring Page!

COLOUR ME IN!



<https://thesadghostclub.tumblr.com/post/138808536381/finished-colouring-book-page-we-are-so-excited-to>

