

May 2020, Vol. 8

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

WELCOME TO OUR TEAM!

We are excited to introduce our newest intern to all of you! Keep an eye out for Samantha's Spot in the weekly newsletters!

"Hello! My name is Samantha Dettmann and I will be an intern at the Lee Carlson Center for this summer. I am currently working towards my bachelor's degree in social work. I am originally from Andover, so I am excited to be back in the Twin Cities area for the summer! In my free time I enjoy spending time with friends and family and I enjoy reading as well. I am very excited to be at the Lee Carlson Center and look forward to hopefully getting the chance to meet you all!"

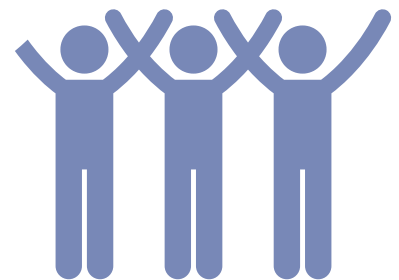
-Samantha, Intern

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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For Mental Health & Well-Being

3-Ingredient Microwave Strawberry Jam Recipe

<https://www.biggerbolderbaking.com/strawberry-jam-recipe-blackberry-raspberry/>

Ingredients

- 2 cups (10oz/284g) strawberries *fresh or frozen
- 1/4 cup (2oz/57g) sugar
- juice of 1/2 lemon



Total: 15 mins
Prep: 5 mins
Cook: 10 mins

Instructions:

Microwave Jam Method

1. In a large bowl combine the berries, sugar and lemon juice. Be sure to use an extra large bowl as the jam will bubble up in the cooking process and you don't want to lose any of the liquid,
2. Microwave on high for about 9-11 minutes. Check at the 9-minute mark and cook for longer if needed. This timing is based on my microwave which is 1200 watts so your timing may vary. When the jam is ready the berries should be broken down and the mixture will form a thick shiny liquid. Note: The jam thickens as it cools so just in case you think your jam isn't thick enough just factor that in.
3. Transfer the jam to a jar or airtight container and refrigerate for 4-6 weeks. And be sure to sterilize your jar by washing thoroughly with soap and water and then microwaving for 45 seconds (without any metal lids, of course). Make sure both the jam and jar are cooled before storing.

Stove Top Method:

1. Combine all ingredients in a small sauce pan. Simmer over medium-low heat for 7-10 minutes until the fruit is broken down and the mixture has thickened.
2. Transfer to a jar or airtight container and refrigerate for 4-6 weeks. And be sure to sterilize your jar by washing thoroughly with soap and water and then placing in the oven at 140°C / 275°F for around 20 minutes. Make sure both the jam and jar are cooled before storing.

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 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 !



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ACTIVITY PAGE!

WORD SEARCH

General Animals 1

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

MOLE
BAT
FISH
CROCODILE
CROW
BEAR
HAMSTER
RABBIT
AARDVARK
DINOSAUR
ZEBRA
PONY
ANT
HEDGEHOG
CHEETAH
EEL
OSTRICH
DOLPHIN
RAVEN
BADGER

Sudoku Answer Key:

http://www.printablee.com/post_printable-sudoku-puzzles-to-print_43213/

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

Play this puzzle online at : <http://thewordsearch.com/puzzle/4/>

Member Poll:

What is your favorite time of day?



Mornings

Afternoons



Nights



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



Previous Poll Results:
Favorite Ice Cream!
Top 3 Flavors:

1. Vanilla
2. Chocolate
3. Rainbow Sherbet



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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

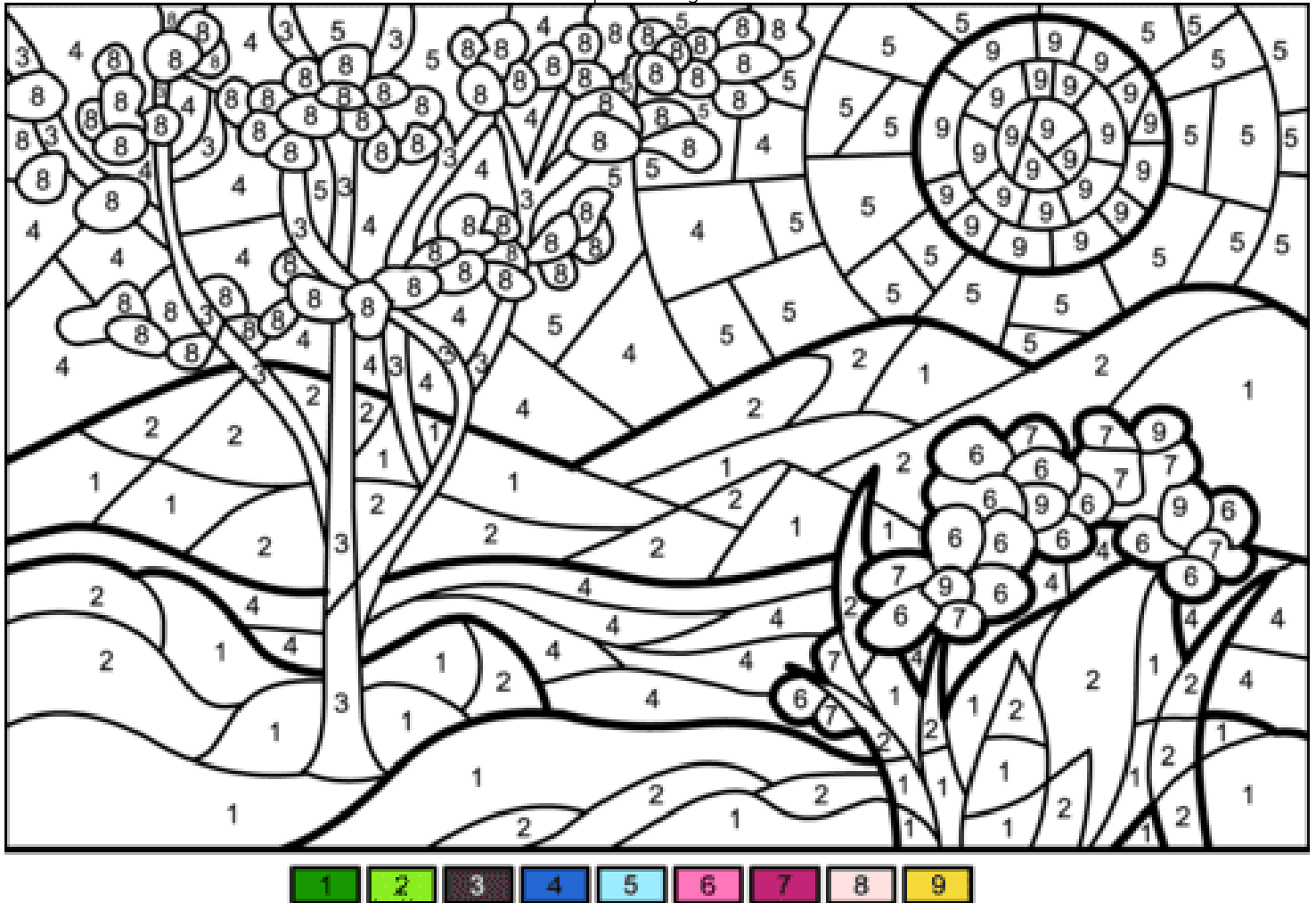
- Alyssa, Director:
 - 763-780-3036 ext. 832
- Lindsey, Therapist:
 - 763-780-3036 ext. 859
- Lisa, Program Assistant:
 - 763-780-3036 ext. 364
- Laura, Certified Peer Support Specialist:
 - 763-780-3036 ext. 377
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526
- Dani, Intern:
 - 763-780-3036 ext. 366
- 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!



Color By Number!

supercoloring.com



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

Remember to express what ending the stigma around mental health means to you. 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 we can't wait to see what everyone comes up with! Contact Kaitlyn if you have questions or would like to submit your concept!

**STOP
JUDGING**

**START
Healing**

<https://mh.alabama.gov/admh-and-adph-partner-to-break-the-cycle-of-stigma/>



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