



# BRIDGEVIEW CONNECTION

## FOOD PROGRAM NEWS

Welcome new Community Engagement Partner Route 47 Pub & Grub.

They've agreed to provide in-kind food for Bridgeview Bingo each month. They're also partnering on our Meals for Members program and will be an entrant in our 3<sup>rd</sup> Annual Chili Cook-Off

Thanks Brad Slawson and Team!



## Join Us for the 3<sup>rd</sup> Annual Chili Cook-Off

Thursday, March 22<sup>nd</sup>  
5-8 pm  
Springbrook Nature Center  
100 85<sup>th</sup> Avenue NE  
Fridley, MN 55432

Taste a wide array of Chili's  
Enter to win "Spring Warm Up" Raffle Prizes  
Enjoy Live Music

Visit [www.leecarlsoncenter.org](http://www.leecarlsoncenter.org) to order tickets, to donate a Raffle Prize, to form a chili team or to become an event sponsor.

Contact Patty Halvorson at 763.230.7836 or [phalvorson@leecarlsoncenter.org](mailto:phalvorson@leecarlsoncenter.org) to learn more or to pledge your support. Proceeds from the event benefit Bridgeview's Meals for Members Program.

## Guest Speaker

### Wednesday, March 28<sup>th</sup> at 2:00 pm

Meghan Mathson from Anoka County TMO Commute Solutions will talk about: "How to use the bus system." She will be providing \$5 bus cards to all attendees to test out the different services in the area.

## Upcoming Groups

**Women's Anger Management.** Learn anger management skills, communication skills and conflict resolution. Day and time TBD.

**Mindfulness.** A group focusing on meditation and mindfulness activities. Workbook for group, cost \$24.95. Scholarships available. Meets Mondays 12-2 pm.

**Symptom Management Using Art Therapeutically.** Groups focusing on using art for healing. Thursday's with Deb 10-12 pm.

**Symptom Management.** Key concepts include hope, personal responsibility, education, self-advocacy and support. 15 week commitment. Will meet on Tuesday's 10-12 pm.

**Boundaries.** Focuses on building and maintaining healthy boundaries in a variety of settings. Meets on Friday's 9-11 am.



*Happy St. Patrick's Day!*

# Bridgeview Support Groups

## **Women's Self-Esteem**

Wednesdays at 11:00 am. Provides support and encouragement for women. This group will help you recognize your skills, abilities and potential. Facilitated by Rima, intern.

**Symptom Management/WRAP** (women & men)  
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 Lindsey and Laura.

## **Boundaries**

A therapy group focusing on identifying and maintaining healthy boundaries in a variety of settings. Cost is \$10.00. It is a billable group. 15 week commitment. Therapist facilitated by Lindsey....

## **Anger Management** (women & men)

Will meet for 20 weeks. These groups focus on anger management skills. Billable. Therapist facilitated.

## **Hoarding Group**

Intake required. This is a billable group. Will meet for 10 weeks. This group focuses on hoarding and de-cluttering strategies. Billable. Therapist facilitated.

## **Needlepoint Group**

Meets 1st and 3rd Thursdays at 1:30 pm. Group focusing on sharing of needlepoint skills. Member facilitated by Kerry.

## **PTSD Therapy Group** (Women & Men)

This group will help you identify your triggers, healthy coping skills, emotions, thinking errors and avoidance. 20 week commitment. Billable. Therapist facilitated.

## **Employment Exploration Group**

This group focuses on building a resume, interviewing skills, assertiveness in the workplace, etc. This group is on hold for March.

## **Spanish Language Group**

1<sup>st</sup> and 3<sup>rd</sup> Monday's at 12:30 pm This group focuses on learning the basics of Spanish. Open to all members of all abilities. Member facilitated by Maria.

## **Depression Therapy Group**

This group focuses on depression and healthy ways to cope with it. Billable. Facilitated by therapist.

## **Women's Therapy Group**

This group is for women and will focus on the exploration of identity and finding a purpose in life. Billable. Therapist facilitated.

## **Anxiety Therapy Group**

This group focuses on relaxation techniques, changing irrational thoughts, and overcoming anxiety. 20 week commitment. Billable. Therapist facilitated.

## **Mental Health Support**

Peer support, education, and encouragement. Meets Tuesdays and Thursdays from 12:30-1:25 pm. Staff facilitated by Laura.

## **Motivation Group**

Meets the 2nd and 4th Thursday of the month. A group that will focus on goals, strengths, empowerment, and moving forward in recovery. Staff facilitated by Laura.

## **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 Dungeons and Dragons. Meets for 2 hours. Mondays from 12:30-2:30 pm. Member facilitated by Ben.

## **Healthy Relationships**

A support group emphasizing healthy communication styles. Topics include: boundaries, and healthy relationships. Meets on Thursdays at 11:00 am. Staff facilitated by Laura.

## **Gratitude Journaling**

2<sup>nd</sup> & 4<sup>th</sup> Mondays at 2:00 pm. It allows a person to experience the good things in life. Staff facilitated by Laura.

## **DBT Skills Informed Group**

This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. Meets for 24 weeks and includes weekly groups and individual sessions. Billable. Facilitated by Julie and Lindsey.

## **Writing Circle**

On Tuesday's from 11:00- 12:00 pm. An informal group that covers various writing styles. The Artist's Way will be discussed. Opportunity for writing contests possible. Member facilitated by Jill.

## **Symptom Management Using Creativity**

This group focuses on the benefits of using art therapy to cope with mental health symptoms. Billable. Thursday's 10-12 pm.

**WRITER OF THE MONTH:** Ben R.

*“The Light in the Soul”*

This is about self esteem.  
Just imagine a glass of water.  
Pure and untainted and beautifully clear.  
The glass represents yourself.  
In the glass, water represents our self esteem.  
The table it stands upon is your community.  
They all are connected.  
If the glass is broken, it can't hold water or sit on the table.  
You always have to fill up the water and make sure the glass  
is clean so your self esteem shines through.  
Through you, the light of the world shines on the table.  
You should keep them all in balance to be a whole  
individual. Just remember to fill up the glass.  
Make sure you live on a sturdy table as well.

**ARTIST OF THE MONTH:** Renee B.

*“Simple Pink Flower”*



Renee describes this photo as a beautiful pink flower she found growing off the roadside. Renee's artistic medium of choice is photography. Renee talks about art being a means to help express her thoughts and feelings. She reports it helps her channel words and images from dreams into real life.

The mission of  
Bridgeview's Art is,  
exploring the soul of ART  
in your own way,  
showing your resilience  
despite a devastating  
disease, and being  
transformed by the role  
of ARTIST. Having fun is  
key to being part of this  
learning and creative  
process.

Join us Monday through  
Friday in the Art Studio.



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.

I would like to contribute: \_\_\_\$5 \_\_\_\$10 \_\_\_\$15 Other\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please mail donation to: Bridgeview CSP/Lee Carlson Center for Mental Health & Well Being at 7954 University Ave. Fridley, MN 55432

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Contact Us

**Bridgeview CSP**

7954 University Av  
Fridley, MN 55432

763-783-7440

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**BRIDGEVIEW CSP**

7954 University Av  
Fridley, MN 55432

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

RETURN SERVICE REQUESTED

# Members-Only Page

## March Birthdays!

April B.	1
Karen J.	3
Shareen D.	4
Kristen J.	4
Tiffany K.	6
Brenda D.	7
Larry R.	10
Amanda C.	12
Jim H.	14
Margaret G.	19
Steven S.	19
Robert B.	21
Alex G.	23
Marcus U.	25
Liz M.	26
Bridget S.	26
Fred I.	27
Curtis H.	29
Marybeth H.	29
Andrew M.	31



## Bad Weather/BV Closings

Please do not come to Bridgeview in bad weather; when it is so cold the news is stating do not go anywhere unless absolutely necessary or when it is snowing and the roads are bad.

Bridgeview will close when District 11 schools are closed.

Please be mindful of the weather conditions before leaving home to make your way to Bridgeview. It is important to be safe!

## Cold and Flu Season is upon us.

What you can do to help yourself and others around you! To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put the used tissue in the waste basket. Washing your hands is the easiest way to reduce the risk of spreading germs that cause infections.
- Wash your hands regularly with soap and water.
- Wash your hands after using the bathroom, blowing your nose, coughing, sneezing, or before eating.
- If you cannot get to a sink, clean your hands with a waterless alcohol hand rub. (Hand Sanitizer)

**If you are feeling ill, it's best to stay home and rest!**

## Attention Van Riders

Please remember to say your first and last name when you are requesting transportation. If you just say, "This is John, pick me up on Wednesday," we will NOT try to guess which John you are or which Wednesday you want to be picked up. If you want to come to BV using our transportation, please clearly say your first and last name, the date(s) you want transportation, your address and phone number. For example: Hi, my name is John Doe. My phone number is 763-555-5555. I would like to come in to BV on Thursday, March 11<sup>th</sup>. I would like a round trip. My address is 7920 University Ave. in Fridley. \*\*\* You may also call 763-783-3578 to leave a voice message regarding transportation.

