

Giving Back

We are grateful for financial and in-kind donations to support both our "Meals for Members Program and our Art program.

Contact Patty Halvorson at 763-230-7836 to learn more or to pledge your support.



More about Lee Carlson Center

Bridgeview is one of the many programs offered by Lee Carlson Center for Mental Health & Well-Being.

For over 35 years, the Center has been a beacon of hope for youth and families coping with emotional and behavioral problems.

As the primary provider of mental health services in Anoka County, we're proud to impact the lives of over 6,000 individuals, families and caregivers each year.

We're also happy to provide presentations to churches, civic groups, businesses, and other organizations. For more information, contact Patty at 763-230-7836 or phalvorson@leecarlsoncenter.org.

Visit us at leecarlsoncenter.org.

Our Mission

To provide support and psycho-social services to adults living with mental illnesses in our community.

To schedule an intake, call 763-783-7440

Bridgeview

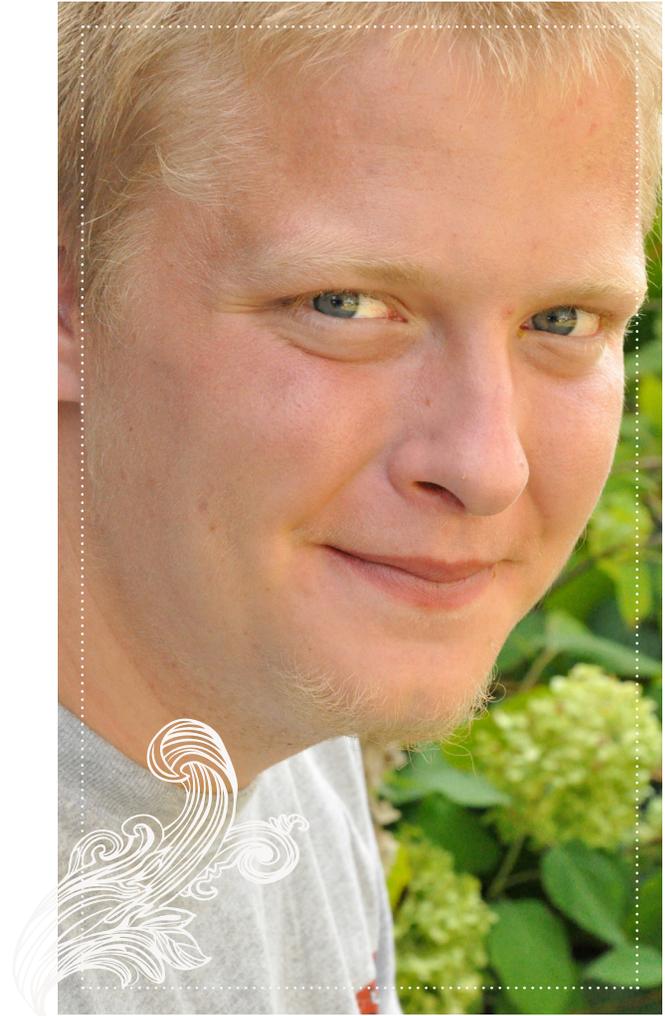
Hours

M-F 9a-3p

7920 University Ave. NE
Fridley, MN 55432
Tel (763) 783-7440
Fax (763) 780-0784

For Transportation & Activity info, call
(763) 783-3578

Visit leecarlsoncenter.org to learn more.



Bridgeview

Community Support Program

763-783-7440



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

www.leecarlsoncenter.org

Our Story

Bridgeview opened its doors in 1984 in Fridley. In 2013, with support and increased funding from Anoka County, we expanded our staff and our services and moved to a larger building near our Fridley clinic, with easy access to a bus line. In 2017 the number of daily visitors can be as many as 70.

Our Mission

Adults living with serious and persistent mental illness often struggle with the stigma of their diagnosis, causing them to isolate themselves from others. Bridgeview offers a setting that promotes social interaction, psychosocial rehabilitation, and support.

Staff works closely with members, care providers, and community organizations to assist with access to resources and services. Membership is free, but members must have a diagnosis of serious and persistent mental illness from a psychiatrist, therapist or doctor.

For those who live in Anoka County and need a ride to and from Bridgeview, transportation is free. This service is also provided for community activities coordinated by Bridgeview staff.

Bridgeview Recovery Groups

Members have access to a wide array of support & therapy groups each week. Therapy groups are led by a trained therapist with a certified peer support specialist often co-facilitating. Support groups are facilitated by Bridgeview staff and peers.

Group offerings are listed on the enclosed insert.

Employment Assistance

Members have access to an employment specialist and vocational rehabilitation through the IPS project in collaboration with RISE, Inc. Members can be referred to RISE for assistance in seeking competitive employment.

Well-Being

In partnership with Allina Health, members can learn about the connection between mind and body. Wellness Coaches offer monthly classes on topics ranging from Mindfulness to Healthy Eating Habits.

Members can also participate in weekly yoga and dance classes as well as offsite cooking sessions. Free health screenings and flu shots are also offered during the year.

Balanced Lunches

A balanced lunch is offered Monday-Friday at Bridgeview and healthy snacks are available in the afternoon. Staff works closely with BoB's Produce and with Nutritionists from Allina to plan menus that are both nutritious and tasty.

Housing Support Services

Support with housing challenges is a critical need for many living with serious mental illness. Lee Carlson Center provides housing support services to individuals living with SPMI & SMI challenges referred for service through Anoka County.

Fun and Socialization

Weekly offsite activities include bowling, trips to local museums, visits to local farmers markets, and shopping excursions. Members and their families enjoy Bridgeview's annual Halloween and Holiday parties. Bingo and Pizza are offered at Bridgeview one Saturday a month.

Art Therapy and Writing Instruction

Bridgeview members have access to both individual and group therapy art sessions, facilitated by clinicians trained in both art and therapy.

Art therapy offers a supportive judgement free place to allow a person to process whatever they need. All types of visual art forms may be used, such as painting, drawing and clay work. Engaging in this form of therapy is a good way to express what words alone cannot.

No previous art experience is necessary to gain the full benefits.

Writing Circle sessions, which are member led, cover memoir, poetry, short stories, and other writing forms.

Bridgeview Artists and Writers are encouraged to share their works at art shows and exhibits throughout the Twin Cities, including Sister Kenney and Artability.

At least twice a year, the public is invited to an Open House at Bridgeview where artists show and sell their work.

To schedule a tour or an intake at Bridgeview call 763-783-7440

