

bridgeview connection

Bridgeview News

Bad Weather/BV Closings

Please do not come to Bridgeview in bad weather! When deciding whether or not Bridgeview will be open, our directors and supervisors will assess the weather on a case by case basis. If you are questioning whether or not Bridgeview is open, simply check the Lee Carlson Center Facebook page for a closure announcement! Always use your best discretion when making a decision on traveling vs. staying home. Always put your safety first!

Family Support Group

The Family Support Group is an open group which will provide support and open discussion for families, caregivers, and loved ones of individuals living with mental illness. This group will offer helpful tools and information, allowing caregivers and family members to be better equipped to help their loved ones with their mental health.

Group meets 5:30-6:30 on the following dates: March 5th, April 2nd, May 7th, and June 4th at Lee Carlson Center (7954 University Ave NE Fridley, MN 55432). Group is free of charge. Tell your loved ones about this opportunity!!

Lunch & Learn Group

This group is open to anyone in our community! You do not have to be a member to attend. This group meets once a month, and explores a new topic each time it meets. To join, simply show up to Bridgeview, grab a complimentary lunch, and go into the conference room. March's Lunch & Learn group will cover mindfulness and it will be on March 13th at 12:00PM.

Member Meeting

Wednesday, March 20th at 12:15pm! Please come to the member meeting and hear about current and upcoming programming, as well as offer suggestions for future programming and activities.

Interested in a Billable Group?

Do you want to sign up for a billable therapy group? It's easy! Simply bring your insurance card to the care coordinator (Rachel) and tell her which groups you hope to join! Then sit back and wait to be contacted to schedule your intake appointment!

Our Donation Wish List

To professionals, clinicians, and family members, we are always in need of donations whether it be mental health resource materials, bingo prizes, gift cards (Wal-Mart/Cub) or money. As part of our Meals for Members program, we are looking for in-kind donations of yogurt, pretzels, granola bars, cheese sticks, fruit and fruit cups, bottled water & tea, sturdy divided paper plates, paper bowls, paper towels, napkins, plastic forks & spoons, paper cups, low calorie salad dressing, soy sauce & salsa to compliment the warm, balanced meals we serve members each weekday. Contact Patty at 763-230-7836 or phalvorson@leecarlsoncenter.org to learn more or to make a donation. Thank you for supporting Bridgeview and our mission.



Recycling!!!!

We have a brand new, blue recycling bin for cans and bottles! Please do your very best to remember to rinse your can or bottle, and put it in the recycling rather than throwing it out! Also as a reminder, please bring in your own coffee mug to use each day. We have a sink in the back to wash it out in, and a shelf to store it here at Bridgeview. This is an important step to take for our planet! Why? - Because Styrofoam cups are not recyclable! And our use of them is not insignificant!

You might be thinking, "What's the big deal?!?!"

Let's say 30 coffee drinkers come to Bridgeview each day, and all use a Styrofoam cup—that's 150 cups in a week and roughly 600 Styrofoam cups in a month! That's 7,200 cups a year!!!

Let's not do that to our planet... Everyone bring your own mug!!

Billable Groups You Can Sign Up for Today!

DBT Skills Informed Group. This is a billable group. Will meet for 24 weeks. This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. This group meets from Mondays 12-2:00.

Symptom Management (WRAP). 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 therapist and Peer Support Specialist, Laura. Tuesdays 10-12.

Mindfulness. A group focusing on meditation and mindfulness activities. Workbook for group, cost \$24.95. Scholarships available. Meets Mondays 10-12 pm. Starts soon.

Women's Therapy Group. An ongoing group for women, non-curriculum based. Meets on Tuesday's 1:30-3 pm.

CBT and Stress. A 5 week group that focuses on holiday stress, warning signs of stress, causes of stress, how stress impacts overall well-being, and healthy ways to cope with stress. Fridays 9-11. Starts soon.

Women's Anger Management. A group focusing on anger management skills. 20 week commitment. Will begin once there is enough interest!

Symptom Management Using Art Therapeutically. This group focuses on the benefits of using art as a coping skill. Meets on Tuesdays 9:00-11:00. 8 week commitment Facilitated by Emily Bell, a Lee Carlson Center Therapist. Starts soon.



LEE CARLSON CENTER™
For Mental Health & Well-Being

Bridgeview is one of the many mental health services provided by Lee Carlson Center. Visit us online at www.leecarlsoncenter.org.

Writer of the Month: Cole H.

Artist of the Month: Corinna T.

“Strength” Fill-In Poem

I can be strong as a lion, ready to fight for survival.

I can be as fierce as the winter storm/wind.

Pay attention to my roars. I will defend my turf and friends.

I can be strong in ways you don't expect.

I can be as strong as a mighty oak tree, able to bend in the wind.

My strength can be gentle.

I can be as strong as a phoenix, ready to rise and begin again .

I can be strong and change the world.

I can be a good friend.

I can change in the end.

Cole wrote this piece, *Strength*, during the Bridgeview writers group where he recently started getting back into writing! Cole enjoys poetry and journaling, but he is currently working on getting more into short stories. The writing above, is something Cole wrote to describe how he can change and can move forward through the difficult times.

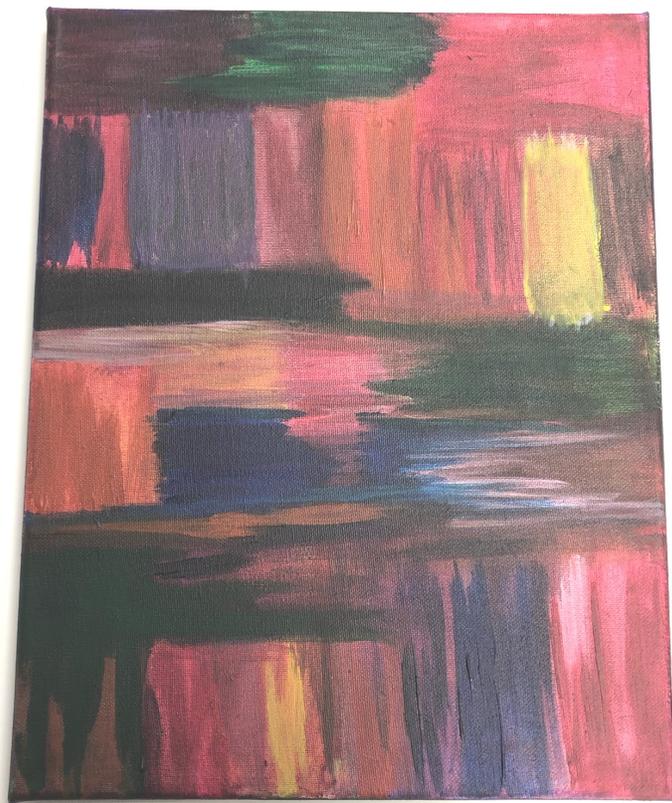
*** If you would like to be artist or writer of the month, please see staff. We would love to feature you in the next newsletter and display your work!**

Transportation (763)783-3578

Please remember to reserve a seat on the van. Sign up for a van ride by calling the number above or by writing your name in the transportation binder.

OR

If you are driving to BV yourself or are getting a ride from someone/service, please sign up by speaking with Rachel to receive a ride for the activity while at BV.



Becoming

Corinna is new to the Bridgeview art program, starting only last month. To Corinna, art is freedom of expression and allows her to be her true self without judgement. Typically Corinna prefers to create poetry, but she recently gave painting a shot. Pictured, is Corinna's first ever painting! Corinna describes the painting: "There is a contrast between dark and light colors, depicting different emotions that I may experience daily. Being that this is my first painting ever, it shows me and others that I am capable of expressing myself in more than just words."

Bridgeview Information

Staff phone # (763) 783-7440

Press 1 for Julie Smith, Program Supervisor

Press 2 for Lindsey, Therapist

Press 3 for Lisa, Program Assistant (Intakes)

Press 4 for Laura, Peer Support Specialist

Press 5 for Transportation Line

Press 6 for RISE Employment Specialists

Press 7 for Rachel, Care Coordinator (Updates)

Activity/Van ride phone # (763) 783-3578