

VIRTUAL BRIDGEVIEW

SPOOOOOKY EDITION

Stay Connected, Stay Supported, Stay Well

**HALLOWEEN WEEK HAS SOME SPOOKTACULAR
EVENTS AT BRIDGEVIEW! SO CHECK THEM
OUT, OCTOBER 26TH-30TH!**

MONDAY

Come play parking lot Bingo!
We will have multiple sessions
to make sure we all stay safe!
Come sunshine or chilly
weather we will host Bingo, so
come bundled up! Make sure
to call and sign up!

TUESDAY

Join Laura for
some wicked arts
and crafts in Art
101!

WEDNESDAY

Join Laura for a
spooky cooking
demonstration!

THURSDAY

Join Kaitlyn for
some trick-or-
treat virtual
games!

FRIDAY

Halloween Face Paint
Contest- call Kaitlyn/Laura to
cast your vote. Participants
will be notified on Monday,
Nov. 2nd. Chance to win a
gift card!

Best Homemade Apple Sauce Recipe

<https://www.thepioneerwoman.com/food-cooking/recipes/a11239/homemade-applesauce/>

Ingredients:

- 6 lb. apples, peeled, cored, and cut into 8 slices
- 1 c. apple juice or apple cider
- Juice of 1 lemon
- 1/2 c. brown sugar, packed
- 1 tsp. cinnamon, more or less to taste
- Optional ingredients: Nutmeg, maple syrup, allspice, butter, to taste



Directions:

1. Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes.
2. Carefully puree in a food processor or blender (don't fill too full; split into two portions if needed) until smooth. Store in the fridge and serve by itself, over pork chops, over ice cream, over pancakes...or any place where applesauce is needed!

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! Don't have the technology to be able to access online groups? Let's knock down that barrier and help you reserve a telehealth space at our Fridley clinic to be able to attend any online groups!

List of our Therapy Groups:

- DBT - Starting Soon!!
- Women's Anger Management
- Anxiety
- Symptom Management WRAP
- Art Therapy



HALLOWEEN FUN FACT:

Anoka, MN is considered the Halloween Capital of the World and is celebrating it's 100 years of Halloween celebrations this October! So check out <https://anokahalloween.com/events/> for fun things to do this month!



ACTIVITY PAGE!

WORD SEARCH:

- BLACK CAT
- BROOMSTICK
- CANDY
- CHILLY
- CLOWN
- COBWEB
- COSTUMES
- COWBOY
- GHOSTS
- GHOULS
- HOCUS POCUS
- HOWL
- MAGIC
- MONSTER
- NINJA
- OGRE
- PHANTOM
- PUMPKINS
- RIP
- ROBOT
- SCARE
- SKELTON
- SPIDERS
- SPOOKY
- STRANGE
- TOMBSTONE
- VAMPIRE
- WEREWOLF
- WITCHES
- WIZARD
- ZOMBIES



BOO!

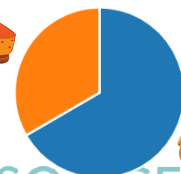
MEMBER POLL:

Which is a highlight of Halloween for you: handing out treats, costumes, or carving pumpkins?

We want to hear from you, so send us your answers!

Give us a call at 763-783-7440

Previous Poll Results: Do you prefer apple pie or pumpkin pie?



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For Mental Health & Well-Being



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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!

BREANN'S BLOG

Autumn leaves and pumpkins please

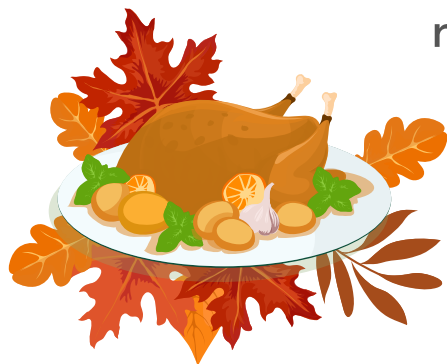
Whether you've watched our landscape become a paint palette dotted with bright fall leaves or squeezed in some last minute summer activities (running through the sprinklers is on my kid's list this week!), it is my wish that we all can savor this beautiful time of year. One way to enjoy time outside, as well as be in the company of friends or family would be to take part in Springbrook Nature Center's Pumpkin Pursuit in the Park, an interactive scavenger hunt taking place October 16th & 17th. It's a fun, work at your own pace hunt with a variety of activities that will get you out moving and enjoying that fresh fall air!

For more information, visit:

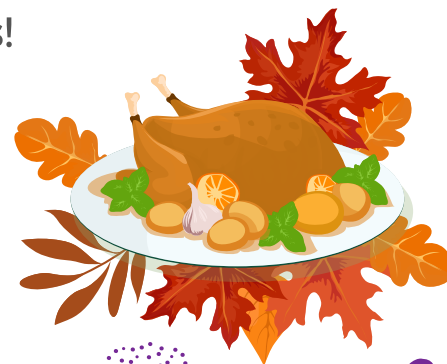
<https://www.springbrooknaturecenter.org/1531/Pumpkin-Pursuit-in-the-Parks> or call: 763-572-3588

THANKSGIVING MEAL KITS

While we may not be able to be together in person, we are thankful for all of you and want to make sure that some of our traditions don't get missed but instead, celebrated a bit differently this year. The meal kit will include everything needed for a traditional Thanksgiving meal. To reserve one of our kits, please call us at 763-783-7440 to make proper arrangements!



*Be
Thankful*



Support Groups!

Monday:

- 11am - Art 101
- 1pm - Anxiety
- 2 pm - Brain Boosters

Tuesday:

- 10am - Coffee with Laura
- 11am - Gratitude Journaling
- 12:30pm - Mental Health Support Group

Wednesday:

- 10am - Women's Self Esteem
- 11am - Wellness Wednesdays
- 12:30pm - Art 101 - Watercolor Wednesdays
- 2pm - Grief and Loss

Thursday:

- 12:30pm - Mental Health Support Group
- 2pm - Gratitude Journaling

Friday:

- 11am - Anxiety Group
- 1pm - Fun Fridays
- 2pm - Mental Health Support Group

Are you looking for resources related to Mental Health or Substance Abuse?

Check out Fast-Trackers website <https://mentalhealth.fasttrackermn.org/> for help finding exactly what you need. You can also contact licensed professionals for 20 minutes daily!



Get a hold of Bridgeview Staff!

Bridgeview: 763-783-7440

Monday-Friday 9am-3pm

- Alyssa, Director:
 - 763-780-3036 ext. 832
- Laura, Certified Peer Support Specialist:
 - 763-780-3036 ext. 377
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526

UPDATE YOUR INFORMATION!

Don't forget to call us and let us know if you moved or changed phone numbers! We want to stay connected to you! To sign up for a support or therapy group, give us a call with your email address and we will get you set up! So, give us a call 763-783-7440!

CALL US TODAY



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