

# VIRTUAL BRIDGEVIEW

*Stay Connected, Stay Supported, Stay Well*

**A special welcome to some new Bridgeview staff members! Come to one of our virtual support groups and say hi to our interns!**

## CHRISTOPHER ANDERSON, INTERN

“Hello! My name is Christopher Anderson and I will be an intern at Lee Carlson Center for this year. I am currently working towards my master’s degree in social work at St. Cloud State University. In my free time I enjoy being on the lake, fishing and golfing. I have also recently added cooking to my list of hobbies. I am looking forward to getting to know the Bridgeview members and I am excited to be part of Lee Carlson Center this year!”

## SOU VANG, MA

Sou approaches his therapy with an eclectic style that incorporates a variety of different principles and philosophies. Sou believes that therapy should be customized to each individual based on their needs at that certain point and time in their lives. Sou brings a mixture of art, play, positive, CBT, DBT, behaviorism, trauma focused, and sensorimotor psychotherapy. Sou has a background of working with clients of all ages needing crisis interventions or trauma focused care. Sou likes spending his free time with his fiancée and his dog. He also enjoys cooking, reading, learning new things and traveling.

## BREANN HAUGRUD, INTERN

Hello, my name is BreAnn Haugrud and I will be interning with Lee Carlson during the 2020-2021 school year. I am in my first year of the Masters of Social Work program through the University of South Dakota. I love hearing the wide variety of experiences others have had and look forward to ways in which we can learn and grow together!

## KATHLEEN HERLING, MS, MT-BC

Kathleen takes an integrated approach, meaning she likes to utilize strategies from several different therapeutic styles, depending on the issue at hand. She prefers to tailor her approach to each individual as much as possible. When clients are open to it, she often includes the creative arts in therapy in a variety of forms, such as drawing, playing music, or writing poetry. Kathleen is a board-certified music therapist and has worked in that capacity for 9 years. She plays many instruments, including piano, guitar, accordion, and harp, all of which she has used in providing therapy. Kathleen enjoys knitting, gardening, playing musical instruments, and tango dancing.

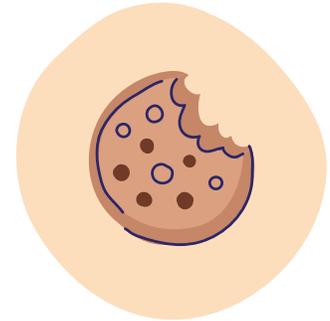


# No Bake Cookies

<https://www.cookingclassy.com/no-bake-cookies/#jump-to-recipe>

## Ingredients:

- 1/2 cup (113g) salted butter
- 1 3/4 cups (350g) granulated sugar
- 1/3 cup (32g) unsweetened cocoa powder
- 1/2 cup (120ml) milk
- 1 tsp vanilla extract
- 2/3 cup (160g) creamy peanut butter
- 3 cups (275g) quick oats (don't use old fashioned oats)



## Directions:

1. Line two baking sheets with parchment paper or set out approximately 29 cupcake liners.
2. In a 2.5 to 3 quart medium saucepan combine butter, sugar, cocoa, and milk.
3. Set over medium heat, and cook stirring frequently until it reaches a full boil.
4. Allow mixture to boil 60 seconds without stirring.
5. Remove from heat, immediately add in vanilla, peanut butter and quick oats.
6. Stir mixture until well combined then, using a medium (2 Tbsp) cookie scoop or two spoons drop mixture onto lined baking sheets or into cupcake liners.
7. Allow to rest at room temperature until set, about 20 - 30 minutes (to speed up setting refrigerate).
8. Store cookies in an airtight container at room temperature.

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



# ACTIVITY PAGE!

## Fall Word Search

- APPLES
- AUTUMN
- BONFIRES
- CIDER
- FLANNEL
- FOOTBALL
- HALLOWEEN
- HARVEST
- HAY RIDES
- LEAVES
- ORCHARDS
- PUMPKINS
- SCARECROW
- S'MORES
- SWEATERS

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

<http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>

## Answers to the Cryptograms from previous newsletter:

“We don’t have to do all of it alone. We were never meant to.”

“What we don’t need in the midst of struggle is shame for being human.”

Both quotes are by Brené Brown!

## Member Poll:

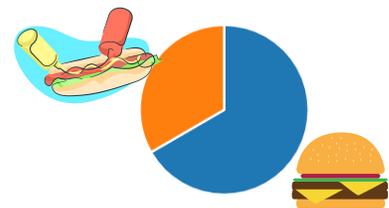
Would you prefer apple pie or pumpkin pie?



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 hamburgers or hot dogs??



MAILING ADDRESS:  
LEE CARLSON CENTER FOR  
MENTAL HEALTH & WELL-BEING

Non-Profit  
Org.  
U.S. Postage  
PAID  
Permit #217  
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!**

## 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!



LEE CARLSON CENTER™  
For Mental Health & Well-Being



## Are you bored sitting at home right now? Are you working and not satisfied with your current position, or just need a change?

Are you bored sitting at home right now? Are you working and not satisfied with your current position, or just need a change?

It may help to talk to someone about work. Have you ever wondered, how will employment benefit my life?

### Let us help! We can assist with:

- Talking to your employer about some issues your having.
- Help finding job leads and talking to a hiring manager.
- Need help answering job interview questions.
- Explaining a legal history to employers.
- Help managing benefits while working.
- Write resumes and cover letters.

### Contact our Rise Employment Consultants

Lisa Carlson - Cell: 612-999-7702 or [lmcarlson@rise.org](mailto:lmcarlson@rise.org)

Ben Streitz - Cell: 763-230-7831 or [bstreitz@rise.org](mailto:bstreitz@rise.org)



#### Come to hang out with Kaitlyn!

This group will be outdoors so grab a jacket and join Kaitlyn and hang out for an hour! Give Kaitlyn a call to sign up and find out more details!

#### Updates

If you know you are due for an update, don't panic! Your membership is not at risk! Kaitlyn will reach out to schedule either a virtual or an outdoor in-person update!

#### Virtual Support Groups

If you lack technology or are having issues being able to access our virtual support groups, give us a call and see how we can help you access the support!

