

# BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL



## Bridgeview Art Show

**WHAT:** BV ARTS AND CRAFTS SHOW

**WHEN:** THURSDAY, DECEMBER 15TH

MEAL FOR MEMBERS AND FAMILY AT 4:45PM

ART SHOW OPEN TO THE PUBLIC 5:30-7PM

**WHERE:** BRIDGEVIEW, 7920 UNIVERSITY AVE NE, FRIDLEY, MN  
55432

**Details:** There will be a special holiday meal for members and their families/friends prior to opening to the community. We have a LOT of talented members, so it's a great time to see what BV members have been up to, to be awed, or to even make a last-minute holiday gift purchase. All money goes directly to the member artists. Come to meet Lee Carlson Center's new CEO, Susan Fullerton, and mingle with other Lee Carlson Center staff and community. We invite you to get in the holiday spirit at one of the locations dear to Lee Carlson herself.

This free public event sponsored by North Memorial Health includes light refreshments and a performance by the Bridgeview Music Group.



**FYI:** BV will open at 1pm this day. Transportation for members will only be provided to the event, so plan on finding other transportation home.

Please let staff know if you are interested in showcasing or selling your artwork!

*See you there!*



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being



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# DECEMBER 2022

## BRIDGEVIEW HOURS MONDAY-FRIDAY, 9A-3P

### MON, DEC 5

10A-GRIEF & LOSS  
12P-LUNCH: PIZZA  
CASSEROLE  
1P-GRATITUDE  
JOURNALING

### TUES, DEC 6

10:15A-ANXIETY  
12P-LUNCH: TATER  
TOT HOT DISH  
1P-SELF-ESTEEM

### WED, DEC 7

10:30A-ARTS&CRAFTS  
12P-LUNCH:  
SLOPPY JOES  
1P-MENTAL HEALTH  
SUPPORT GROUP  
1P-DIAMOND ART

### THURS, DEC 1

10A-WRITING CIRCLE  
11A-MUSIC GROUP  
12P-LUNCH: TACOS  
1P-MENTAL HEALTH  
SUPPORT GROUP

### FRI, DEC 2

11A-LUNCH:  
SANDWICHES  
11:45A-OFFSITE:  
BOWLING (\$6-9)

### MON, DEC 12

10A-GRIEF & LOSS  
12P-LUNCH:  
SPAGHETTI PIE  
1P-GRATITUDE  
JOURNALING

### TUES, DEC 13

10:15A-ANXIETY  
12P-LUNCH: TATER  
TOT HOT DISH  
1P-SELF-ESTEEM

### WED, DEC 14

10:30A-ARTS&CRAFTS  
12P-LUNCH:  
CHEESEBURGER MAC  
1P-MENTAL HEALTH  
SUPPORT GROUP  
1P-DIAMOND ART

### THURS, DEC 15

**BV OPENS AT 1PM**  
1:30P-MENTAL HEALTH  
SUPPORT GROUP  
4:45P-HOLIDAY MEAL  
5:30P-ARTS&CRAFTS  
SHOW

### FRI, DEC 16

11A-LUNCH: CHICKEN  
PASTA SALAD  
11:30A-OFFSITE:  
ROSEDALE MALL

### MON, DEC 19

10A-GRIEF & LOSS  
12P-LUNCH:  
GOULASH  
1P-GRATITUDE  
JOURNALING

### TUES, DEC 20

10:15A-ANXIETY  
12P-LUNCH:  
FRIED CHICKEN  
1P-SELF-ESTEEM

### WED, DEC 21

10:30A-ARTS&CRAFTS  
12P-LUNCH: EGG BAKE  
1P-MENTAL HEALTH  
SUPPORT GROUP  
1P-DIAMOND ART

### THURS, DEC 22

10A-WRITING CIRCLE  
11A-MUSIC GROUP  
12P-LUNCH:  
SLOPPY JOES  
1P-MENTAL HEALTH  
SUPPORT GROUP

### FRI, DEC 23

11A-LUNCH: PIZZA  
12P-BINGO

### MON, DEC 26 BV CLOSED



### TUES, DEC 27

10:15A-ANXIETY  
12P-LUNCH: CHILI  
1P-SELF-ESTEEM

### WED, DEC 28

10:30A-ARTS&CRAFTS  
12P-LUNCH:  
TACO PASTA  
1P-MENTAL HEALTH  
SUPPORT GROUP  
1P-DIAMOND ART

### THURS, DEC 29 BV CLOSED

### FRI, DEC 30 BV CLOSED



### MON, JAN 2 BV CLOSED



## CONTACTING BRIDGEVIEW STAFF

BRIDGEVIEW 761-783-7440  
MONDAY-FRIDAY, 9AM-3PM

**ALYSSA, DIRECTOR**  
763-780-3036, EXT 832

**RUTH, CARE  
COORDINATOR**  
763-780-3036, EXT 364

**SOU VANG,  
THERAPIST**  
763-780-3036,  
EXT 607

**ZOTA, CLINIC/BV LEAD  
THERAPIST**  
763-780-3036, EXT 667  
**KIM, CARE  
COORDINATOR**  
763-780-3036, EXT 587

**CINDY, CARE  
COORDINATOR**  
763-780-3036,  
EXT 526



## EMERGENCY CLOSING DAYS

Bridgeview/LCC may close due to inclement weather. If you are ever in doubt and can't get hold of Bridgeview staff, you can call the main number at 763-780-3036 or check the Lee Carlson Center Facebook page.

LEE CARLSON CENTER MAIN  
763-780-3036



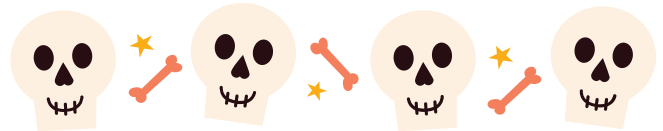
## 2022: YEAR IN REVIEW



STYLE MAVEN ARI GRACE  
DID NOT DISAPPOINT IN  
HER HAND-CRAFTED  
CARRIAGE



BRIDGEVIEW MEMBERS CELEBRATED HALLOWEEN IN STYLE



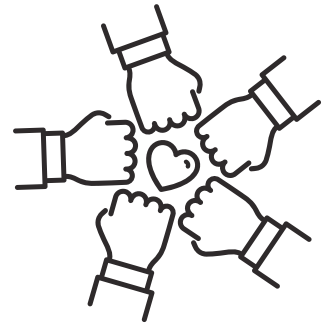
**HAPPY  
HALLOWEEN**



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## 2022: YEAR IN REVIEW



**MEMBERS HAD A BALL DURING OFFSITE ACTIVITIES THIS YEAR, INCLUDING A CHANCE TO GIVE BACK AT FEED MY STARVING CHILDREN, A VISIT TO WALDOCH FARMS FOR PUMPKINS, AND A SUMMER STROLL AT BOOM ISLAND PARK**



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## 2022: YEAR IN REVIEW



MEMBERS AND STAFF  
AT THE LEE CARLSON  
CENTER GALA IN  
SEPTEMBER



MEMBERS HAD CHANCE TO SPEAK WITH GARY  
CARLSON, LEE CARLSON'S HUSBAND, ABOUT THE  
IMPACT BRIDGEVIEW HAS HAD ON THEIR LIVES



BV MEMBER MARIA  
RECEIVED THE  
BRIDGEVIEW  
AMBASSADOR  
AWARD FOR BEING A  
TIRELESS ADVOCATE  
FOR MENTAL HEALTH  
IN OUR COMMUNITY



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## SUPPORT GROUPS

**\*New\* Arts & Crafts with Kim** (Wed, 10am): Join Kim in the art studio and enjoy making DIY ornaments, holiday themed decorations, or learning how to do latch hook kits. All experience and ability levels are welcome!"

**Music group with Ruth** (Thurs, 11am): Join Ruth for singalongs, karaoke, songwriting, and discussion about various types of music. All backgrounds and abilities are welcome!

**Anxiety group** (Tues, 10:15am): This group will focus on ways to calm your anxiety, with a focus on social anxiety

**Mental health support group** (Wed & Thurs, 1pm): Peer support, education, and encouragement

**Self-Esteem** (Tues, 1pm): Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.

**Grief & Loss** (Mon, 10am): A support group to help navigate the world without those that we have lost.

**Gratitude journaling** (Mon, 1pm): This group allows a person to experience the good things in life.

**Writing circle** (Thurs, 10am): An informal member-led group that covers various styles of writing

**Diamond art** (Wed, 1pm): A member-led group for those who enjoy the calming practice of making diamond art



## VIRTUAL SUPPORT GROUPS



Many of our support groups are available online via Microsoft teams. All you need is a laptop or a smart device, like a phone or tablet. If you are interested in attending groups virtually, please contact a care coordinator to get added to the email list. Not sure how to join online? Ask a BV staff member for a Microsoft teams troubleshooting guide.





## INDIVIDUAL THERAPY / THERAPY GROUPS

To sign up for individual therapy or a therapy group, contact a Bridgeview care coordinator ! For therapy groups, we will get your health insurance information and make sure you are covered for the group. Your name will be added to a list and then when the group is starting, you will be contacted by the therapist to schedule an intake for the group. For individual therapy, we will get your health insurance information and make a referral to Lee Carlson Center, who will contact you about availability.



**Boundaries group:** For individuals who struggle to feel in control of their life. it will benefit individuals who have difficulty identifying unhealthy relationships and making choices based on what is best for them as individuals.

**Hoarding group:** For individuals who wish to examine their individual issues with hoarding.

**Anxiety group:** Focuses on anxiety and healthy ways to manage it.

**PTSD group:** For individuals who wish to start examining their individual issues with trauma.

**Anger Management group:** One for men and one for women, these groups are for individuals who wish to start examining their individual issues with anger.

**Art therapy:** This group's focus is on learning creative, healthy symptom management skills that incorporate artistic mediums.

**Dual Diagnosis:** For those who wish to examine their individual issues with addiction and mental illness. this group covers a variety of addictions including but not limited to: alcohol, drugs, gambling, sex, food, etc.

**DBT informed skills group:** Dialectics is one way of understanding the world, a philosophy. it believes that there is always more than one way to see a situation and more than one way to solve a problem. Participants will learn a variety of practical techniques. This group is 6 months long and each session is two hours in length. Participation also requires meeting with a DBT therapist once a week while group is running.

**Gardening and Well-Being (indoors):** Focuses on growing a garden while learning about various aspects of well-being.

**Depression group:** Focuses on depression and healthy ways to manage it.

**Mindfulness group:** For individuals who wish to learn more about mindfulness and how to incorporate it into daily living.

**Symptom Management group:** Focuses on mental health recovery. Key concepts include: hope, personal responsibility, education, self-advocacy, and support.



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

BRIDGEVIEW CSP  
7954 UNIVERSITY AVE.  
FRIDLEY, MN 55432

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

**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!**