

BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

January 2023

It was wonderful to see so many people at the Arts & Crafts market and holiday meal in December! Special thanks to North Memorial for helping support our local artists.



~ NEWS & ANNOUNCEMENTS ~

Bridgeview will be **closed** on the following days:
Monday, January 2nd
Monday, January 16th



HELP KEEP BV HEALTHY!



Reminder: Please **do not come in** if you are sick. Remember that COVID is not the only illness we can spread to each other! If you appear to be ill, we may ask you to leave for the day.

If you are experiencing symptoms such as sore throat, cough, runny nose/congestion, sneezing, fever, loss of taste or smell, chills, and/or fatigue, please stay home. If you have symptoms such as fever over 100 degrees, vomiting, or diarrhea, please stay home for at least 24 hours.



LEE CARLSON CENTER™
 For Mental Health & Well-Being



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For Mental Health & Well-Being

JANUARY 2023

BRIDGEVIEW 763-783-7440
MONDAY-FRIDAY, 9AM-3PM

Mon, Jan 2

BV Closed



Tues, Jan 3

10:15a-Anxiety
12p-Lunch:Egg Bake
1p-Self-Esteem

Wed, Jan 4

10:30a-Arts & Crafts
12p-Lunch:
Spaghetti Pie
1p-MentalHealth
Support Group
1p-Diamond Art

Thurs, Jan 5

10a-Writing Circle
11a-Music group
12p-Lunch:Taco Pasta
1p-Mental Health
Support Group

Fri, Jan 6

11a-Lunch:Chicken
Pasta Salad
11:30a-Offsite:
Bowling@
Blainebrook (\$6-9)

Mon, Jan 9

10a-Grief & Loss
12p-Lunch:
Fried Chicken
1p-Gratitude
Journaling

Tues, Jan 10

10:15a-Anxiety
12p-Lunch: Goulash
1p-Self-Esteem

Wed, Jan 11

10:30a-Arts & Crafts
12p-Lunch:
Cheesy Hashbrowns
1p-MentalHealth
Support Group
1p-Diamond Art

Thurs, Jan 12

10a-Writing Circle
11a-Music group
12p-Lunch: Tacos
1p-Mental Health
Support Group

Fri, Jan 13

11a-Lunch:
Sandwiches
11a-Offsite:
FMSC Volunteer Shift

Mon, Jan 16

BV Closed



Tues, Jan 17

10:15a-Anxiety
12p-Lunch:
Beef Stew
1p-Self-Esteem

Wed, Jan 18

10:30a-Arts & Crafts
12p-Lunch:Tater Tot
Hot Dish
12:15p-
Member Meeting
1p-MentalHealth
Support Group
1p-Diamond Art

Thurs, Jan 19

10a-Writing Circle
11a-Music group
12p-Lunch:HotDogs
w/Fridley PD!
1p-Mental Health
Support Group

Fri, Jan 20

11a-Lunch:Chicken
Caesar Salad
11:30a-Offsite:
Movies (\$10-15)

Mon, Jan 23

10a-Grief & Loss
12p-Lunch:
Pizza Casserole
1p-Gratitude
Journaling

Tues, Jan 24

10:15a-Anxiety
12p-Lunch:
Sloppy Joes
1p-Self-Esteem

Wed, Jan 25

10:30a-Arts & Crafts
12p-Lunch: Chili
1p-MentalHealth
Support Group
1p-Diamond Art

Thurs, Jan 26

10a-Writing Circle
11a-Music group
12p-Lunch:
Mock Chow Mein
1p-Mental Health
Support Group

Fri, Jan 27

11a-Lunch: Pizza
12p - BINGO



Mon, Jan 30

10a-Grief & Loss
12p-Lunch:
Cheeseburger Mac
1p-Gratitude
Journaling

Tues, Jan 31

10:15a-Anxiety
12p-Lunch:
Chicken a la King
1p-Self-Esteem

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

**LEE CARLSON
CENTER MAIN**
763-780-3036



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.



Arts & Crafts with Kim (Mon, 10:30am): 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 support 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

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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!