



# BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

**March 2023**



## So Long, Farewell, Auf Wiedersehn, Goodbye from Ruth

I am leaving Bridgeview. Change can be hard, and goodbyes can be a difficult transition. I am honored to have been part of Bridgeview and have learned so much from each & every one of you.

I have been privileged to work alongside Cindy and Kim as care coordinators. My wish for the future of Bridgeview is that everyone can continue to work together to keep creating an encouraging, supportive atmosphere for people to improve their mental health.



We want to give a big shoutout to Northeast Bank and Sarah Caflisch for helping make our Valentine's Day party & talent show such a smashing success! Thank you to all the BV members who lifted our spirits with their beautiful voices.



## BRIDGEVIEW ANNOUNCEMENTS



### Join Our Team!

BV members and care coordinators will be hosting a hybrid (both in person and virtual via Teams) meeting for Bridgeview members to learn more about utilizing Microsoft Teams on **Friday, March 3rd at 12:00pm**

### March Changes



- BV will be closed on **Friday, March 10th**
- Transportation is **temporarily suspended** until further notice.
- Offsite activities are **temporarily suspended** until further notice.



LEE CARLSON CENTER™  
For Mental Health & Well-Being



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# MARCH 2023

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



**Mon, March 6th**  
10a-Grief & Loss  
12p-Lunch:  
Sloppy Joes  
1p-Gratitude  
Journaling

**Tues, March 7th**  
10:15a-Anxiety  
12p-Lunch:  
Chicken A La King  
1p-Self-Esteem

**Wed, March 1st**  
10:30a-Arts & Crafts  
12p-Lunch:  
Egg Bake  
1p-Mental Health  
Support Group

**Thurs, March 2nd**  
10a-Writing Circle  
12p-Lunch:  
Cheesy Hashbrowns  
1p-Mental Health  
Support Group

**Fri, March 3rd**  
11a-Lunch:  
Chicken Caesar  
Salad  
**12p**  
**Microsoft Teams**  
**Learning Party!**

**Mon, March 13th**  
10a-Grief & Loss  
12p-Lunch:  
Pizza Casserole  
1p-Gratitude  
Journaling

**Tues, March 14th**  
10:15a-Anxiety  
12p-Lunch: Tacos  
1p-Self-Esteem

**Wed, March 8th**  
10:30a-Arts & Crafts  
12p-Lunch:  
Taco Pasta  
1p-Mental Health  
Support Group

**Thurs, March 9th**  
10a-Writing Circle  
12p-Lunch: Chili  
1p-Mental Health  
Support Group

**Fri, March 10th**  
BV Closed

**Mon, March 20th**  
10a-Grief & Loss  
12p-Lunch:  
Cheeseburger Mac  
1p-Gratitude  
Journaling

**Tues, March 21st**  
10:15a-Anxiety  
12p-Lunch:  
Mock Chow Mein  
1p-Self-Esteem

**Wed, March 15th**  
10:30a-Arts & Crafts  
12p-Lunch:  
Tater Tot Hotdish  
**12:15p-**  
**Member Meeting**  
1p-Mental Health  
Support Group

**Thurs, March 16th**  
10a-Writing Circle  
**12p-Lunch:**  
**Fried Chicken**  
**w/Fridley PD!**  
1p-Mental Health  
Support Group

**Fri, March 17th**  
11a-Lunch:  
Sandwiches

**Mon, March 27th**  
10a-Grief & Loss  
12p-Lunch: Goulash  
1p-Gratitude  
Journaling

**Tues, March 28th**  
10:15a-Anxiety  
12p-Lunch: Fiesta  
Tater Tot Hotdish  
1p-Self-Esteem

**Wed, March 22nd**  
10:30a-Arts & Crafts  
12p-Lunch:  
Beef Stew  
1p-Mental Health  
Support Group

**Thurs, March 23rd**  
10a-Writing Circle  
12p-Lunch: Hot Dogs  
1p-Mental Health  
Support Group

**Fri, March 24th**  
11a-Lunch:  
Chicken Pasta Salad

**Wed, March 29th**  
10:30a-Arts & Crafts  
12p-Lunch:  
Chicken Noodle Soup  
1p-Mental Health  
Support Group

**Thurs, March 30th**  
10a-Writing Circle  
12p-Lunch:  
Cheesy Hashbrowns  
1p-Mental Health  
Support Group

**Fri, March 31st**  
11a-Lunch: Pizza  
12p- BINGO!



## BRIDGEVIEW STAFF

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

**ZOTA, CLINIC/BV LEAD  
THERAPIST**  
763-780-3036, EXT 667

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

**KIM, CARE  
COORDINATOR**  
763-780-3036, EXT 587



## 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 Lee Carlson Center main number at **763-780-3036** or check the Lee Carlson Center Facebook page.



## SUPPORT GROUPS



**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.

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

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

**Arts & Crafts with Kim (\*new time\*: Wed, 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!

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

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



## 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 or join us virtually or in person on **Friday, March 3rd at 12:00pm!**



# 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.