

BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

APRIL 2023



THANK
YOU

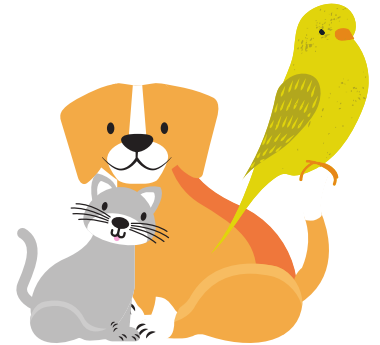


Thank you to member,
Heidi,
for connecting BV to
the North Suburban
Concert Band who
performed a
Cathedral beneficiary
concert in early
March. Attendees
donated and raised
almost two thousand
dollars for the the BV
Drop-in Center!

Rise employment consultant, Lark,
is searching for members who are
interested in finding employment
and building their career. Please
connect with a care coordinator
for a referral.



**CHECK OUT OUR MEMBER
PET PAGE!**



BRIDGEVIEW ANNOUNCEMENTS

To-Go Containers

We are out of to-go
containers to pass out
lunch leftovers. Moving
forward, please use the
calendar to plan ahead the
left over meals you would
like to bring home in your
own container.

April Changes


**Sorry We're
CLOSED** -BV will be closed on
Friday, April 7th
-Transportation is
temporarily suspended
until further notice.
-Offsite activities are
temporarily suspended
until further notice.





APRIL 2023

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

<p>Monday, April 3rd 10a-Grief and Loss 12p-Lunch: Pizza Casserole 1p-Gratitude Journaling</p>	<p>Tues, April 4th 10:15a-Anxiety 12p-Lunch:Chili 1p-Self Esteem</p>	<p>Wed, April 5th 10:30a-Arts & Crafts 12p-Lunch: Tacos 1p-Mental Health Support Group</p>	<p>Thurs, April 6th 10a-Writing Circle 12p-Lunch: Egg Bake 1p-Mental Health Support Group</p>	<p>Fri, April 7th BV Closed</p>
<p>Mon, April 10th 10a-Grief & Loss 12p-Lunch: Beef Stew 1p-Gratitude Journaling</p>	<p>Tues, April 11th 10:15a-Anxiety 12p-Lunch: Chicken A La King 1p-Self-Esteem</p>	<p>Wed, April 12th 10:30a-Arts & Crafts 12p-Lunch:Fried Chicken 1p-Mental Health Support Group</p>	<p>Thurs, April 13th 10a-Writing Circle 12p-Lunch: Sloppy Joes 1p-Mental Health Support Group</p>	<p>Fri, April 14th 11a-Sandwiches</p>
<p>Mon, April 17th 10a-Grief & Loss 12p-Taco Pasta 1p-Gratitude Journaling</p>	<p>Tues, April 18th 10:15a-Anxiety 12p-Lunch: Goulash 1p-Self-Esteem</p>	<p>Wed, April 19th 10:30a-Arts & Crafts 12p-Lunch:Cheesy Hashbrowns 12:15p- Member Meeting 1p-Mental Health Support Group</p>	<p>Thurs, April 20th 10a-Writing Circle 12p-Lunch: Hot Dogs w/Fridley PD! 1p-Mental Health Support Group</p>	<p>Fri, April 21st 11a-Lunch:Chicken Pasta Salad</p>
<p>Mon, April 24th 10a-Grief & Loss 12p-Lunch: Tater Tot Hotdish 1p-Gratitude Journaling</p>	<p>Tues, April 25th 10:15a-Anxiety 12p-Lunch: Mock Chow Mein 1p-Self-Esteem</p>	<p>Wed, April 26th 10:30a-Arts & Crafts 12p-Lunch: Cheeseburger Mac 1p-Mental Health Support Group</p>	<p>Thurs, April 27th 10a-Writing Circle 12p-Lunch:Chicken Noodle Soup 1p-Mental Health Support Group</p>	<p>Fri, April 28th 11a-Lunch: Pizza 12p-BINGO!</p> 



BRIDGEVIEW STAFF

ALYSSA, DIRECTOR
763-780-3036, EXT 832

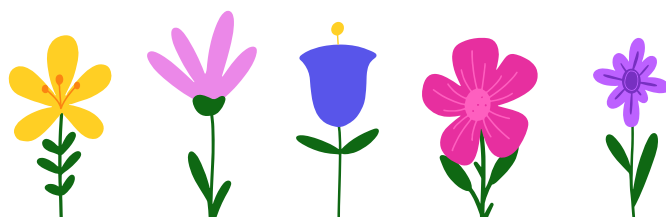
CINDY, CARE COORDINATOR
763-780-3036,
EXT 526

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.



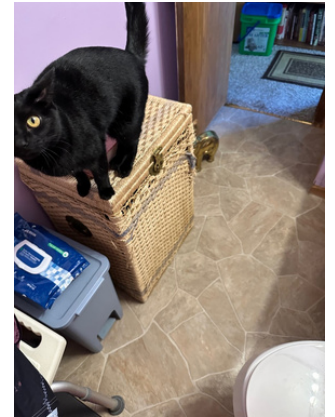


Meet Luna (left), this beautiful feline belongs to BV member, Lisa



Rocky (left) and Sheba (below) make quite the furry duo. They belong to BV member, Linda

Baby (below), belongs to BV member, Ray



Frank (left), is just hangin' out. He belongs to LCC therapist, Todd



Member Andrea, and her late cat, Arnold (above). "In loving memory of, Arnold, my dearest friend of 12 years, you were loved."

Kiki (left), and Nova (above), are the furry friends of BV member, Kyla



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 (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.



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.