



TOUCHSTONE

mental health

COMMUNITY SUPPORT PROGRAM

ANOKA COUNTY!

WELCOME

Opening
Day! 7/7/2025

Member Hours:

M-F

11am to 4pm

Staff Hours:

M-F

8am to 4pm



Weekly Activities:

Art Groups

Members Circle

Support Groups

Outside Activities

Daily Lunch Provided

Bingo

Movie Day

CSP Library

Mental Health Resources

Member Support

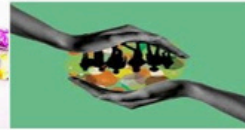
&



MORE!

A Space For Everyone to Grow

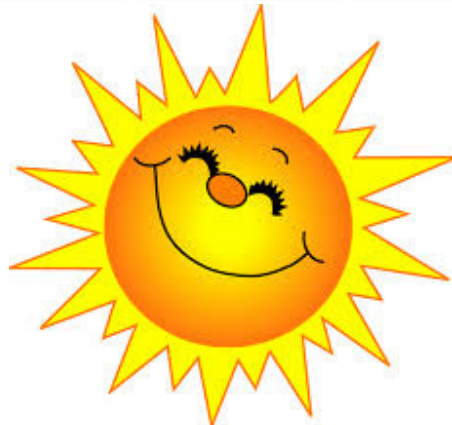


July 2025 Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. CLOSED	2. CLOSED	3. CLOSED	CLOSED 	
6. 	7. 11:15-Lunch	8. 11:15-Lunch 12-1-Member Meeting	9. 11:15-Lunch 12-1-Mental health group- Stress Management	10. 11:15-Lunch 12-1-Peer support group 1-2-Exercise group	11 11:15-Lunch 1-2-Mental Health-Self-care group	12.
13.	14. 11:15-lunch 12-1-Stress management group 1-2-RISE	15. 11:15-Lunch 12-1-Arts and Crafts 1-2-Exercise group	16. 11:15-Lunch 12-1-Bingo	17. 11:15-Lunch 12-1-Peer support group 1-2-Exercise group	18. 11:15-lunch 1-2-Mental Health-Self-care group	19.
20.	21. 11:15-Lunch 12-1-Stress management group	22 11:15-Lunch 12-1-Art and Crafts 1-2-Exercise group	23. 11:15-lunch 12-1-The Café meow 	24. 11:15-Lunch 12-1-Peer support group 1-2-Exercise group	25. 11:15-Lunch 1-2-Mental Health-Self-care group	26. 
27	28. 11:15-Lunch 12-1-Stress management group	29. 11:15-Lunch 12-1-Arts and Crafts 1-2-Exercise group	30 11:15-Lunch 12-1- Mental Health Group-Stress Management	31 11:15-Lunch 12-1-Peer support group 1-2-Exercise group		

Closed 7/4/25



MANAGING STRESS & ANXIETY

Stay Grounded Using Your 5 Senses


Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

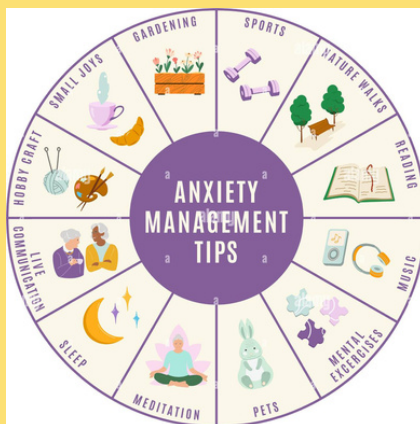
5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 



Crisis Numbers

Anoka County Mobile Mental Health Crisis (763) 755-3801

Veteran's Crisis Line 1-800-273-8255

Minnesota Warm Line 1-877-404-3190

Crisis Intervention Assessment (Mercy Hospital) 763-236-7911

SAMHSA's National Helpline 800-662-HELP (4357)

Minnesota Domestic Violence Crisis Line 1-866-223-1111

Suicide and Crisis Lifeline- Call or text 988

ART

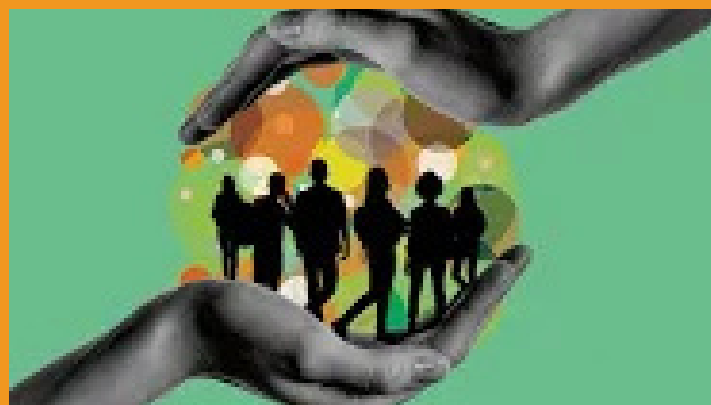


Community



BELONGING

Coming Soon!
Member Highlights
Art Showcase
CSP Social Media Page



Questions?
Email us:
csp@touchstonemh.org



touchstonemh.org

Address:
7590 Lyric Ln NE, Fridley, MN 55432