



COMMUNITY SUPPORT PROGRAM ANOKA COUNTY!

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
Movie Day
CSP Library
Mental Health Resources
Member Support
&
MORE!

A Space For Everyone to Grow





JOIN US!

September 8th for our Open House from 3pm to 6pm



Looking for work, thinking about a new job, or need help keeping the one you have? We're here for you! Touchstone CSP is partnering with Rise to offer employment support services that help you build skills, explore career options, and succeed at work. Whether you're just getting started, re-entering the workforce, or facing challenges on the job, Rise can help. Their team of expert employment professionals will guide you through the process. From figuring out your strengths and interests to trying out new jobs, handling workplace challenges, and navigating how employment may affect your benefits, Rise has you covered. Let us connect you with Rise today. Employment Readiness & Support Every Wednesday from 12:30 to 2:00pm!

Every Friday in August!

8/1- Wear Your Favorite Color

8/8- Favorite Hat Day

8/15- Wear Your Favorite Sports Team

8/22- Wear Your Favorite Socks

8/29- Play Your Favorite Song Day



Every 1st Wednesday monthly!



Every 1st Tuesday monthly!



*September is National Suicide Prevention Month,
a time to raise awareness about mental health and suicide prevention.
You are not alone.*

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



ANOKA CSP

Member hours M-F 11am-to 4 pm

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:15-LUNCH 12-1-SELF CARE GROUP- FAVE COLOR	2
3	4 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP 1-2-COLORING GROUP	5 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-MEMBER MEETING	6 11:15-LUNCH 12-1-BINGO 12:30-2:30-RISE 1-2-MOBILE CRISIS	7 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	8 11:15-LUNCH 12-1-SELF CARE GROUP FAVE HAT DAY	9 
10	11 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	12 11:15-LUNCH 12-1-PEER SUPPORT GROUP	13 11:15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE	14 11:15-LUNCH 12-1-PEER SUPPORT 1-2-EXERCISE GROUP	15 11:15-LUNCH 12-1-SELF CARE GROUP FAVE TEAM DAY	16
17	18 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	19 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-ART GROUP	20 11:15-LUNCH 12:30-2:30-RISE	21 11:15-LUNCH 12-2-ART GROUP	22 11:15-LUNCH 12-1-SELF CARE GROUP FAVE SONG DAY	23
24	25 STATE FAIR OUTING!	26 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-GAME DAY	27 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP 12:30-2:30-RISE	28 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	29 11:15-LUNCH 12-1-SELF CARE GROUP FAVE SOCK DAY	30 
31						





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September 2025

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	1 	2 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-MEMBER MEETING	3 11:15-LUNCH 12-2-BINGO 12:30-2:30-RISE	4 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	5 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-WRITING GROUP	6
7	8 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP 1-2-CREATIVE WRITING OPEN HOUSE- 3PM-6PM	9 11:15-LUNCH 12-1-ANXIETY GROUP 1-2-EXERCISE GROUP	10 11:15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE 1-2-COLORING GROUP	11 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE GROUP	12 11:15-LUNCH 12-1-COFFEE OUTING! 1:30-2:30-WRITING GROUP	13 
14	15 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	16 11:15-LUNCH 12-1-SELF ESTEEM GROUP 1-2-EXERCISE GROUP	17 11:15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE	18 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-VISION BOARDS	19 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-JOURNALING	20
21	22 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP 1-2-KARAOKE	23 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	24 11:15-LUNCH 12-1-ART GROUP 12:30-2:30-RISE	25 11:15-LUNCH 12-1-PEER SUPPORT GROUP 12-1-EXERCISE GROUP	26 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-BINGO	27
28	29 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP	30 11:15-LUNCH 12-1-STRESS MANAGEMENT GROUP				

CLOSED 9/1- HAPPY LABOR DAY!



Staff Corner!



Ryan- Peer Support Specialist (Top Left)

Pure- Community Advocate Bottom Left)

Matt-Peer Support Specialist (Middle)

Michelle- Community Advocate (Far Right)

Mieya- Program Manager- (Bottom Right)

July Member Highlights

Opening Week!



ART

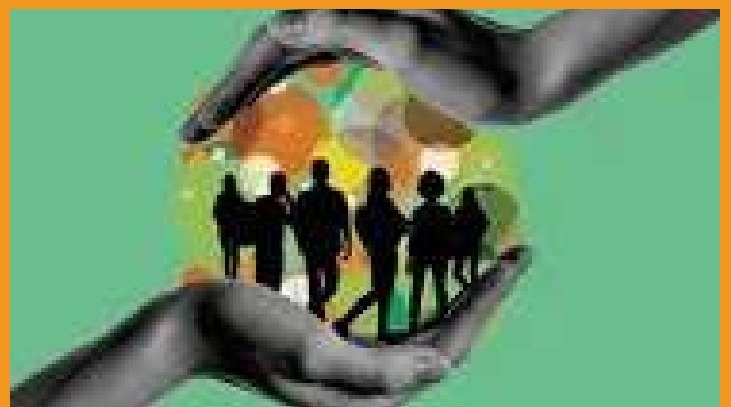


Community



BELONGING

Coming Soon!
Art Showcase
CSP Social Media Page



Questions?
Email us:
csp@touchstonemh.org



touchstonemh.org

Address:
7590 Lyric Ln NE, Fridley, MN 55432