



TOUCHSTONE
mental health

MOSAIC

Community Support Program

Member Hours:

M-F

11am to 4pm

Every 2nd Saturday

Monthly

10am to 2pm

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





Now Open Every 2nd Saturday Monthly!!

Starting October 11th

10:00am to 2:00pm



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 1st Wednesday monthly!



YOU. MATTER.



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

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)

August/September Highlights





October



MOSAIC CSP

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15-Lunch 12-2-Bingo 12:30-2:30-Rise	2 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	3 11:30-3-MOVIE THEATER OUTING!	4
5	6 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	7 11:15-Lunch 12-1-MUSIC THERAPY 1-2-MEMBER MEETING	8 11:15-Lunch 12-2-Stress Management Group 12:30-2:30-Rise	9 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	10 11:15-Lunch 12-1-Self Care Group 1-2-Journaling	11 11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
12	13 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	14 11:15-Lunch 12-1-MUSIC THERAPY 1-2Arts&craft	15 11:15-Lunch 12-2-Stress Management Group 12:30-2:30-Rise	16 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	17 11:15-Lunch 12-1-Self Affirmations 1-2-MEDITATION	18
19	20 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	21 11:15-Lunch 12-1-MUSIC THERAPY 3-4-Arts&Crafts	22 11:15-Lunch 12-2-Stress management Group 12:30-2:30-Rise	23 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	24 11:15-Lunch 12-1-Self Care Group 1-3-Movie in Community Room	25
26	27 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	28 11:15-Lunch 12-1-MUSIC THERAPY 1-2-GratitudeJars	29 11:15-Lunch 12-2-Stress Management Group 12:30-2:30-Rise	30 11:15-lunch 12-1-Peer Support Group 1-2-Exercise Group	31 11:15-Lunch 12-1-SELF CARE 1-2-KAROE	

NOW OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!





November



MOSAIC CSP

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	11:15-LUNCH 12-1-CREATIVE WRITING 1-3-ART THERAPY	11:15-LUNCH 12-1-MUSIC THERAPY 1-2-MEMBER MEETING	11:15-LUNCH 12-1-BINGO 12:30-2:30-RISE	11:15-LUNCH 12-1-PEER SUPPORTGROUP 1-2-EXCERCISE	11:15-LUNCH 12-1-SELF CARE GROUP 1-2-WRITING GROUP	11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
9	11:15-LUNCH 12-1-STRESS MANAGEMENT 1-3-ART THERAPY	11:15-LUNCH 12-1-MUSIC THERAPY 1-2-EXERCISE GROUP	11:15-LUNCH 12-1-ARTS & CRAFT 12:30-RISE	11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-EXCERCISE	11:15-LUNCH 12-1-SELF CARE GROUP 1-2-WRITING GROUP	15
16	11:15-LUNCH 12-1-STRESS MANAGEMENT 1-3-ART THERAPY	11:15-LUNCH 12-1-MUSIC THERAPY 1-2-EXERCISE GROUP	11:15-LUNCH 12-1-ARTS&CRAFT 12:30-RISE	11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-EXCERCISE	11:15-LUNCH 12-1-HUMANE SOCIETY OUTING! 1-2-WRITING GROUP	22
23	11:15-LUNCH 12-1-STRESS MANAGEMENT 1-3-ART THERAPY	11:15-LUNCH 12-1-MUSIC THERAPY 1-2-EXERCISE GROUP	11:15- LUNCH 12-1-ARTS&CRAFT 12:30-RISE	27 	11:15-LUNCH MOVIE DAY	29
30						

NOW OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!

CLOSED 11/27-Happy Thanksgiving!



ART

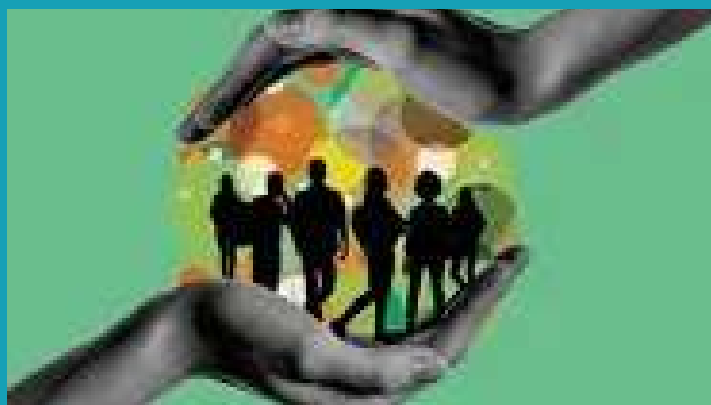


Community



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