

December/January Newsletter



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, 10am-2pm

Closed:

Jan. 1st - Happy New Year!

Jan 19th - Martin Luther King Jr. Day



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!





Crisis Numbers

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

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

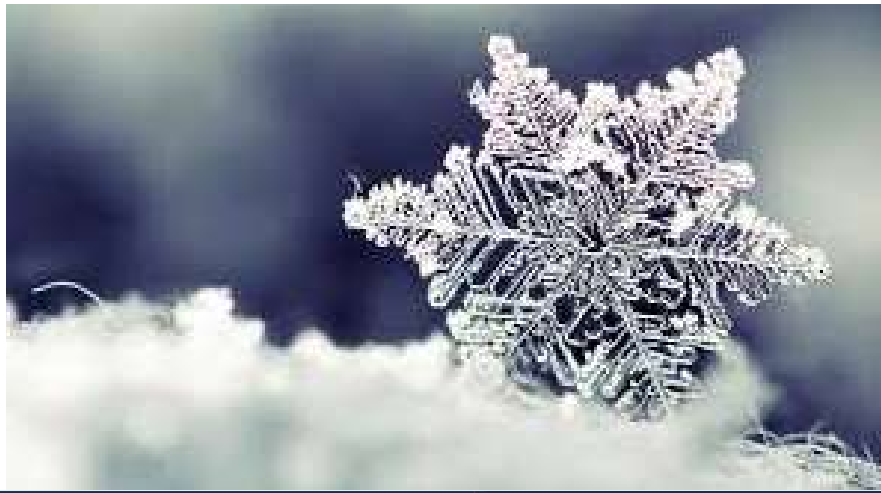
Minnesota Warm Line 1-877-404-3190

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



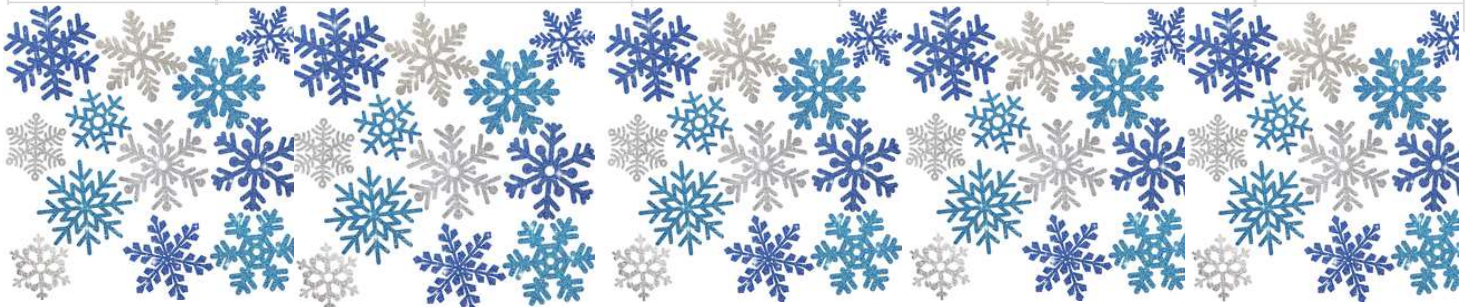
December



MOSAIC CSP

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	2 11:15-Lunch 12-1-Member Meeting 1-2-Peer Support	3 11:15-Lunch 12-2-Bingo 12:30-2:30-Rise	4 11:15-Lunch 12-1-Peer support 1-2-Exercise	5 11:15-Lunch 12:30-1:30- Outing: Krispy Kreme	6
7	8 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	9 11:15-Lunch 12-1-Book Club Kickoff! 1-2-Art&Craft	10 11:15-Lunch 12-1-Arts & Crafts 12:30-2:30-Rise	11 11:15-Lunch 12-1-Peer Support 1-2-Journaling	12 11:15-Lunch 12-1-Movie Day! 1-2-Karoke	13 11:15-Lunch 12-2-Free Day
14	15 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	16 MOSAIC CLOSED EMPLOYEE APPRECIATION	17 11:15-Lunch 12-1-Arts & Crafts 12:30-2:30-Rise	18 11:15-Lunch 12-1-Peer Support 1-2-Journaling	19 11:15-Lunch 12-4-Holiday Party	20
21	22 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	23 11:15-Lunch 12-1-Stress Management 1-2-Art&Craft	24 Christmas Eve CLOSED	25 Christmas CLOSED	26 11:15-Lunch 12-1-Game Day/Cards 1-2-Journaling/Writing	27
28	29 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	30 11:15-Lunch 12-1-Coloringgroup 1-3-PeerSupport	31			





January



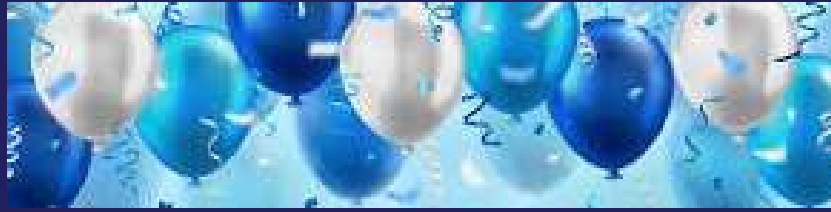
MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CLOSED New Years	2 11:15-Lunch 12-1-Coloring group 1-2-Ice Cream Social	3
4	5 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	6 11:15-Lunch 12-1-Member Meeting 1-3-Peer Support	7 11:15-Lunch 12-1-Bingo 12:30-2:30-Rise 1-3-Arts & Crafts	8 11:15-Lunch 12-1-Self-care Group 1-3-yoga	9 11:15-Lunch 12-1-Writing Group 1-3-Karoke	10 11:15-Lunch 12-1-Paint on canvas
11	12 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	13 11:15-Lunch 12-1-Peer Support 1-3-Writing Group	14 11:15-Lunch 12-1-Arts & Crafts 12:30-2:30-Rise 1-3-Coloring group	15 11:15-Lunch 12-1-Self-care Group 1-3-Chair yoga	16 11:15-Lunch 12-1-Journaling Group	17
18	19 CLOSED Martin Luther King Day	20 11:15-Lunch 12-1-Peer Support 1-3-Writing Group	21 11:15-Lunch 12-1-Arts & Crafts 12:30-2:30-Rise 1-3-Exercise Group	22 11:15-Lunch 12-1-Self-care Group 1-3-Meditation	23 11:15-Lunch 12-1-Writing Group 1-3-Karoke	24
25	26 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	27 11:15-Lunch 12-1-Peer Support 1-3-Writing Group	28 11:15-Lunch 12-1-Arts & Crafts 12:30-2:30-Rise 1-3-Coloring Group	29 11:15-Lunch 12-1-Self-care Group 1-3-Exercise group	30 11:15-Lunch 12-1-Journaling	
31						



Member Birthday Shout Outs!



10/2- Amber F.

10/30- Michael D.

11/7- Kim D.

11/14-Kelly W.

11/17-Jessica O.

11/19- Janet R.

12/9-Sheryl J.

October/November Highlights



ART

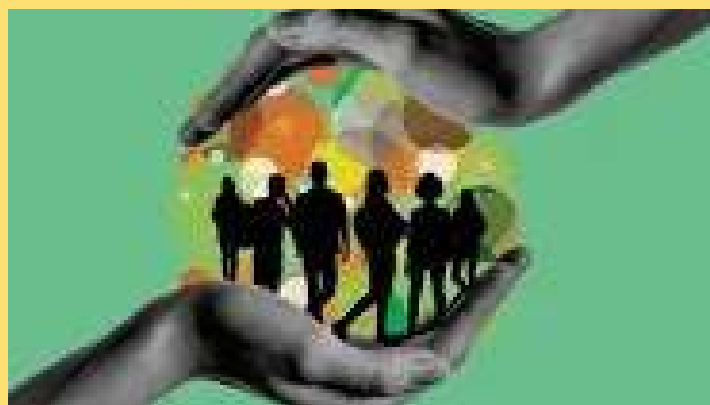


Community



BELONGING

Coming Soon!
Art Showcase



Questions?
Email us:
csp@touchstonemh.org



touchstonemh.org

Address:
7590 Lyric Ln NE, Fridley, MN 55432