

February/March Newsletter



**TOUCHSTONE**  
mental health

# MOSAIC

## Community Support Program

Member Hours:

M-F

11am to 4pm

Every 2<sup>nd</sup> 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 2<sup>nd</sup> Saturday Monthly, 10am-2pm!**

**Mosaic now providing  
transportation!**

**Mondays and Thursdays starting  
2/2/26**

**Pick up Time: 11:00am**

**Drop off Time: 3:00pm**

**Location: Blaine Human Service  
Center: 1201 89<sup>th</sup> Avenue NE,  
Blaine, MN. 55434**



# BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



## 1. WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



## 2. LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



## 3. ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



## 4. GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



## 5. STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



## 6. ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



## 7. ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by  
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Associate Dean for Academic  
Integration in the School of  
Professional and Applied  
Psychology, Department Chair and  
Director of Clinical PsyD Program



## Preventing Slips and Falls

The ground may become slippery in wet or freezing temperatures.



## Be proactive against falls by:

- Wearing closed-toed shoes with good traction
- Being mindful when walking outdoors in cold temperatures
- Cover driveways and sidewalks with ice-melt tools before freezing weather to minimize the impact

## 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



# Member Birthday Shout Outs!



Sheryl J

Sarah J

Kathy C

Asanti R

Robert A

## December/January Highlights





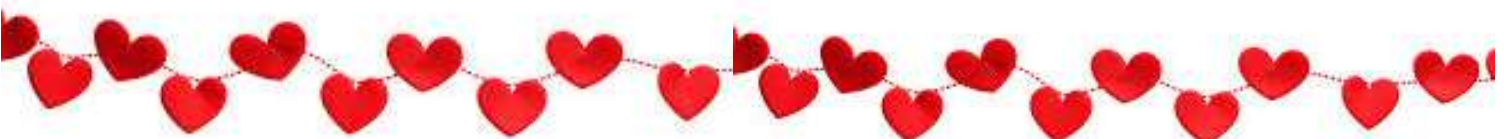
# February



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:15-Lunch 12-1-Stress Management 1-3-Art therapy	3 11:15-Lunch 12-1-Member Meeting 1-2-Peer Support	4 11:15-Lunch 12-3-Bingo 2:30-3:30-Music Therapy 12:30-2-Rise	5 11:15-Lunch 12-1-Peer support 1-2-Yoga	6 11:15-Lunch 12:30-1:30-Karoke 1:30-3-Writing group	7
8	9 11:15-Lunch 12-1-Stress Management 1-3-Art therapy	10 11:15-Lunch 12-1-Book club 1-2-Peer support	11 11:15-Lunch 12-2:30-Arts&Craft 2:30-3:30-Music Therapy 12:30-2-Rise	12 11:15-Lunch 12-1-Peer support 1-2-Journaling	13 11:15-Lunch 12:30-1:30-Karoke 1:30-3-Writing group	14 11:15-Lunch 12-2-Open activity
15	16 11:15-Lunch 12-1-Stress Management 1-3-Art therapy	17 11:15-Lunch 12-1-Peer support 1-2-Coloring group	18 11:15-Lunch 12-2:30-Arts&Craft 2:30-3:30-Music Therapy 12:30-2-Rise	19 11:15-Lunch 12-1-Member Led Peer Support Group 1-2-Journaling	20 11:15-Lunch 12-1-Karoke 1:30-3-Writing group	21
22	23 11:15-Lunch 12-1-Stress Management 1-3-Art therapy	24 11:15-Lunch 12-1-Peer support 1-2-Coloring group	25 11:15-Lunch 12-2:30-Arts&Craft 2:30-3:30-Music Therapy 12:30-2-Rise	26 11:15-Lunch 12-1-Peer support 1-2-Journaling	27 11:15-Lunch 12-1:30-Game day/Cards 1:30-3:30-Color Me Mine Outing	28







Peony



Iris



Hyacinth



Tulip



# March



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	11:15-Lunch 12-1-Member Meeting 1-2-Peer Support	11:15-Lunch 12-2:30-Bingo 2:30-3:30-Music Therapy	11:15-Lunch 12-1-Peer Support 1-2-Journaling	11:15-Lunch 12:30-1:30-Karaoke 1:30-2:30-Writing Group	
8	9	10	11	12	13	14
	11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	11:15-Lunch 12-1-Peer Support 1-2-Coloring Group	11:15-Lunch 12-2:30-Arts&Crafts 2:30-3:30-Music Therapy 12:30-2-Rise	11:15-Lunch 12-1-Peer Support 1-2-Journaling	11:15-Lunch 12:30-1:30-Karaoke 1:30-2:30-Writing Group	11:15-Lunch 12-2-Open activity
15	16	17	18	19	20	21
	11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	11:15-Lunch 12-1-Peer Support 1-3-Icecrèmesocial	11:15-Lunch 12-2:30-Art&Crafts 2:30-3:30-Music Therapy	11:15-Lunch 12-2:30-Member Led Peer Support 1-2-Journaling	11:15-Lunch 12:30-1:30-Karaoke 1:30-2:30-Writing Group	
22	23	24	25	26	27	28
-	11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	11:15-Lunch 12-1-Peer Support 1-3-Writing Group	11:15-Lunch 12-2:30-Arts&Crafts 2:30-3:30-Music Therapy	11:15-Lunch 12-2:30-Peer Support 1-2-Journaling	11:15-Lunch 12-2:30-Movie Day! 1:30-2:30-Writing Group	
29	30	31				
	11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	11:15-Lunch 12-1-Peer Support 1-3-Writing group				



# Mosaic Weekly Supportive Programming



ART Therapy at Mosaic  
Every Monday 1pm to 3pm



Peer Support Groups at Mosaic  
Every Tuesday & Thursday 12:30pm-1:30pm



Music Therapy at Mosaic  
Every Wednesday 2:30pm to 3:30pm



Providing Member Support  
Every Thursday 12pm to 2pm



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!

Community Advocacy at Mosaic  
Daily 11am to 4pm  
Community Service & Supports

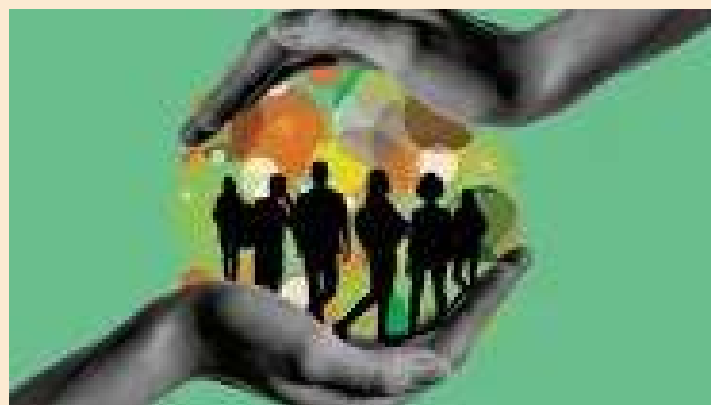
# ART



# Community



# BELONGING



Questions?

Email us:

[csp@touchstonemh.org](mailto:csp@touchstonemh.org)



[touchstonemh.org](http://touchstonemh.org)

Address:

7590 Lyric Ln NE, Fridley, MN 55432