

April/May 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!

**Mosaic now providing
transportation M-F!**

Call 24 hours Ahead to Schedule!

763-485-0991

Pick up Time: 11:00am

Drop off Time: 3:00pm

Location: Blaine Human Service

Center: 1201 89th Avenue NE,

Blaine, MN. 55434



Every 1st Wednesday monthly!



Monthly Member Led Groups!

APRIL
STRESS
AWARENESS
MONTH



MAY
IS MENTAL HEALTH
AWARENESS MONTH
#breakthestigma

TIPS FOR YOUR MENTAL HEALTH
SPRING CLEANING

Find 3 things to be grateful for each day

Replace a harmful habit with a healthy one

Stop comparing yourself to others

Be selective about what you say "yes" to

Tackle projects you've been putting off

Let go of the past for less stress and anxiety

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!



Debby H.

Adedola I.

Jessica L.

Raymond P.

Amy S.

Matt U.

February/March Highlights



April/May Outings

Springbrook Nature Center

Coffee Shop

Join Us!

Bowling

Movies



April



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15-Lunch 12-1-Bingo 1-2:30-Art 2:30-3:30MusicTherapy	2 11:15-Lunch 12-1-Peer Support 1-2-Journaling	3 11:15-Lunch 12-1-Karoke 1-2-Writing Group	4
5	6 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	7 11:15-Lunch 12-1-MemberMeeting 1-2-Peer Support	8 11:15-Lunch 12-1-Art 2:30-3:30Music Therapy	9 11:15-Lunch 12-1-Peer Support 1-2-Walkinggroup	10 11:15-Lunch 12-1Karoke 1-2-CoffeeOuting	11 11:15-Lunch 12-2-POPCORN &MOVIES
12	13 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	14 11:15-Lunch 12-1-PeerSupport 1-2-NatureBased Therapy	15 11:15-Lunch 12-1-Art 2:30-3:30Music Therapy	16 11:15-Lunch 12-1-Peer Support 1-2-Journaling	17 11:15-Lunch 12-1-Karoke 1-2-Writing Group	18
19	20 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	21 11:15-Lunch 12-1-Peer Support 1-3-Self-care group	22 11:15-Lunch 12-1-Art 2:30-3:30Music Therapy	23 11:15-Lunch 12-1-MemberLed Peer SupportGroup 1-2-Jouraling	24 11:15-Lunch 12-1-Karoke 1-2-Springbrook NatureCenter	25
26	27 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	28 11:15-Lunch 12-1-PeerSupport 1-2-Nature Based Therapy	29 11:15-Lunch 12-2:30-Art 2:30-3:30Music Therapy	30 11:15-Lunch 12-1-Peer Support 1-2-Walkinggroup		





May



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:15-Lunch 12-1-Karoke 1-2-Walking group	2
3	4 11:15-Lunch 12-1-Stress Management 1-3-Arttherapy	5 11:15-Lunch 12-1-Member Meeting 1-2-Peer Support	6 11:15-Lunch 12-1-Bingo 1-2:30-Arts & Crafts 2:30-Music Therapy	7 11:15-Lunch 12-3-Bowling outing	8 11:15-Lunch 12-1-Karoke 1-2-Journaling	9 11:15-Lunch 12-2-Open Activity
10	11 11:15-Lunch 12-1-Stress Management 1-3-Arttherapy	12 11:15-Lunch 12-1-SelfCare Group 1-2-Naturebased therapy	13 11:15-Lunch 12-1-Peer Support 1-2:30-MusicTherapy	14 11:15-Lunch 12-1-Peer Support 1-2-Journaling	15 11:15-Lunch 12-1-karoke 1-2-Walking group	16
17	18 11:15-Lunch 12-1-Stress Management 1-3-Arttherapy	19 11:15-Lunch 12-1.Cardsandboard games 1-2-Walking group	20 11:15-Lunch 12-2-ColorMe mine 2:30-3:30Music therapy	21 11:15-Lunch 12-1-MemberLedPeer support 1-2-Writing Group	22 11:15-Lunch 12-3-Movieouting	23
24	25 11:15-Lunch 12-1-Stress Management 1-2-Arttherapy	26 11:15-Lunch 12-1-Peer Support 1-2-Naturebased therapy	27 11:15-Lunch 12-1-Peer support 1-2:30-MusicTherapy	28 11:15-Lunch 12-1-Peer support 1-2-Journalig	29 11:15-Lunch 12-1-Karoke 1-2-Journaling	30



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

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



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!



ART



Community



BELONGING



Questions?

Email us:

csp@touchstonemh.org



touchstonemh.org

Address:

7590 Lyric Ln NE, Fridley, MN 55432