

June/July Newsletter



# 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 Days**

**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 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 89<sup>th</sup> Avenue NE,**

**Blaine, MN. 55434**



Every 1st Wednesday monthly!



Monthly Member Led Groups!

# 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






# June



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:15-Lunch 12-1- Member lead Gratitude Group 1-3-Art Therapy	2 11:15-Lunch 12-1-Member Meeting 1-2-Self care 2-3-Peer Support Check ins	3 11:15-Lunch 12-1-Bingo 1-2-MusicTherapy 2-4-Game Room	4 11:15-Lunch 12-1-Peer Support Group 1-4-Arts & Crafts	5 11:15-Lunch 12-2-Sustainable SafariOuting	6
7	8 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	9 11:15-Lunch 12-1-Self care 1-2-Nature Based Therapy 2-3-Resource check ins	10 11:15-Lunch 12-1-Walking Group 1-2-Music Therapy 2-4-Game Room	11 11:15-Lunch 12-1-Peer Support Group 1-4-Arts & Crafts	12 11:15-Lunch 12-1-Journaling 1-2-DiamondArt 2-4-PenMaking	13 11:00-Lunch 12-1-Skipbo 1-2-Karoke
14	15 11:15-Lunch 12-1-Member Lead Gratitude Group 1-3-Art therapy	16 11:15-Lunch 12-1-Self care 1-3-Movie	17 11:15-Lunch 12-1-Walking Group 1-2-Music Therapy 2-4-Game Room	18 11:15-Lunch 12-1-Peer Support Group 1-4-Arts & Crafts	19 Holiday JUNETEENTH  Mosaic Closed	20
21	22 11:15-Lunch 12-Stress Management 1-3-Art Therapy	23 11:15-Lunch 12-1-Self care 1-2-NatureBasedTherapy 2-3-MemberCommittee Meeting	24 11:15-Lunch 12-1-Walking Group 1-2-Music Therapy 2-4-Game Room	25 11:15-Lunch 12-1-Peer Support Group 1-4-Arts & Crafts	26 11:15-Lunch 12-2-CaféMeow Outing	27
28	29 11:15-Lunch 12-1- Member Lead Gratitude Group 1-3-Art Therapy	30 11:15- Lun ch 12-1-Self care 1-3-Movie				





# July



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15-Lunch 12:00-Bingo 1-2-MusicTherapy 2-4-Game Room	2 11:15-Lunch 12-1-Peer Support Group 1-4 -Arts &Crafts	3 Mosaic Closed Observance- Independence Day Holiday	4 
5	6 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	7 11:15-Lunch 12-4-Mosaic Anniversary Party	8 11:15-Lunch 12-1-Walking group 1-2-Music Therapy 2-4-Game Room	9 11:15-Lunch 12-1-Peer support 1-4-Arts &Crafts	10 11:15-Lunch 12-2-Dairy Queen Outing 2:30-3:30-Journaling	11 11:15-Lunch 12-2-Skipo/Uno
12	13 11:15-Lunch 12-1-Member Lead Gratitude Group 1-3-Art Therapy	14 11:15-Lunch 12-1-Self-care Group 1-2-Nature Based Therapy 1-3-Movie	15 11:15-Lunch 12-1-Peer support Group 1-2-Music Therapy 2-4-Game Room	16 11:15-Lunch 12-3-ComoZoo Outing	17 11:15-Lunch 12-1-Diamond Art 1-2-Pen making/keychain 2-4- Open Activities	18
19	20 11:15-Lunch 12-1-Stress Management 1-3-ArtTherapy	21 11:15-Lunch 12-1-Self-care Group 2-3-Resource Check ins	22 11:15-Lunch 12-1-Walking Group 1-2-Music Therapy 2-4-Game Room	23 11:15-Lunch 12-1-Peer Support Check ins 1-4-Arts & Crafts	24 11:15-Lunch 12-1-Journaling 1-2- Peer Support 2-4- Karaoke	25
26	27 11 : 15-Lunc h 12- 1-Member Lead Gratitude Group 1-3-Art Therapy	28 11:15-Lunch 12-1-Self-care Group 1-2-Nature Based Therapy 1-3-Movie	29 11:15-Lunch 12-1-Member CommitteeMeeting 1-2-MusicTherapy 2-4-Game Room	30 11:15-Lunch 12-1-Peer Support 1-4-Arts & Crafts	31 11:15-Lunch 12-1-Journaling 1-2-Peer Support 2-4- Open Activities	



# Member Birthday Shout Outs!

Sarah H.  
Patricia W.  
Dee H.  
Jill T.  
Maria D.  
Debby S.  
Ed S.

## April/May Highlights



## June/July Outings & Activities



Join Us!



# 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!



Nature Based Therapy  
Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday Monthly

# 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