

August/September 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 Days

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!

Member Birthday Shout Outs!

David C.
Pam K.
Rebecca K.
Tay B.
Patricia B.
Leona H.
Richard L.
Jackie M.

June/July Highlights



August/September Outings



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

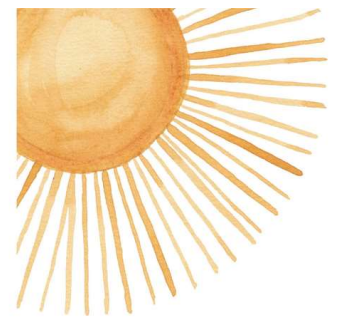
Community Advocacy at Mosaic
Daily 11am to 4pm
Community Services & Supports



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!





MOSAIC

Member hours M-F 11am-to 4 pm

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 11:15-Lunch 12-1- Member Based Gratitude Group 1-3-Art Therapy	4 11:15-Lunch 12-1-Member Based Poetry Group 1-2-MEMBER MEETING	5 11:15-Lunch 12-1-BINGO	6 11:15-Lunch 12-1-Peer Support 1-4-Arts & Crafts	7 11:15-Lunch 12-1-Karoke 1-2-Dual dependency FAVE HAT DAY	8 
9	10 11:15-Lunch 12-1- Member Based Gratitude Group 1-3-Art Therapy	11 11:15-Lunch 12-1-Peer Support Check in 1-2-NatureBased Therapy	12 11:15-Lunch 12-1- Mall Outing 1:30-2:30-Music Therapy 2:30-4- Game Room	13 11:15-Lunch 12-1-Peer Support 1-4-Arts & Crafts	14 11:15-Lunch 12-1- Skiippo 1-2-Dual Dependency FAVE TEAM DAY	15 11:15-Lunch 12-3-Open Activity
16	17 11:15-Lunch 12-1- Member Based Gratitude Group 1-3-Art Therapy	18 11:15-Lunch 12-1-Anxiety Group 1-2-NatureBased Therapy	19 11:15-Lunch 12-1-Self Care group 1:30-2:30-Music Therapy 2:30-4- Game Room	20 11:15-Lunch 12-1-Peer Support 1-4-Arts & Crafts	21 11:15-Lunch 12-1-Karoke 1-2-Dual Dependency FAVE SONG DAY	22 
23	24 11:15-Lunch 12-1-Member Based Group 1-3-Art Therapy	25 11:15-Lunch 12-3-Bowling Outing	26 11:15-Lunch 12-1-Self Care Group 1:30-2:30-Music Therapy 2:30-4- Game Room	27 11:15-Lunch 12-1-Peer Support 1-4-Arts & Crafts	28 11:15-Lunch 12-1-Cards and Games 1-2-Dual Dependency FAVE SOCK DAY	29 
30	31 11:15-Lunch 12-1-Gratitude Group 1-3-Art Therapy					



August is
National
Wellness Month

Prioritize your mental health as part
of your overall wellness



HELLO September



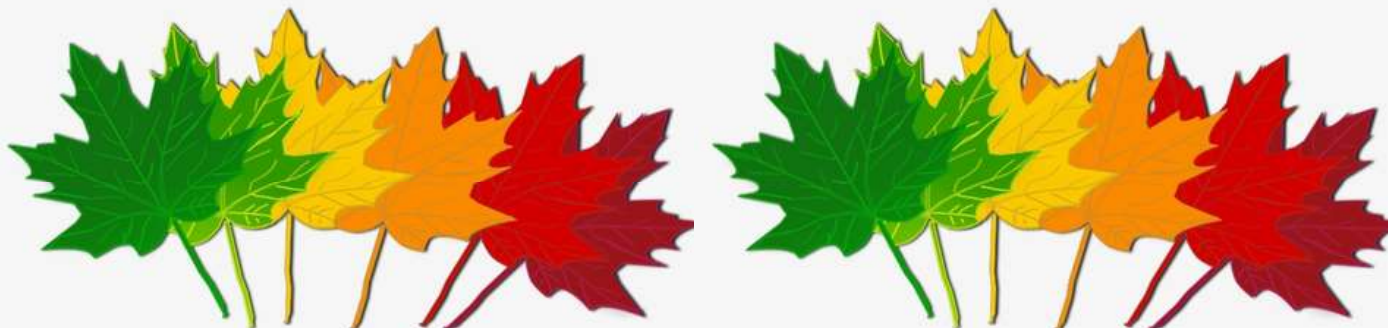
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September 2026

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		1 11:15-Lunch 12-1-Member Based Poetry 1-2-MEMBER MEETING 1-2-NatureBasedTherapy	2 11:15-Lunch 12-2-BINGO 1:30-2:30Music Therapy 2:30-4-Game Room	3 11:15-Lunch 12-1-Peer Support 1-3-Arts & Crafts	4 11:15-Lunch 12:30-2-Café Meow 1-2-Dual Dependency	5
6		8 11:15-Lunch 12-1-Aniexity Group 1-2-Poetry Group	9 11:15-Lunch 12-1-Walking Group 1:30-2:30Music Therapy 2:30-4- Game Room	10 11:15-Lunch 12-1-Peer Support 1-3-Arts & Crafts	11 11 :15- Lun ch 12-1-Savers Outing 1-2-Dual Dependency	12 11-Lunch 12-2-Open Activity
13	14 11:15-Lunch 12-1-Member Based Journaling 1-3-ART THERAPY	15 11:15-Lunch 12-1-Aniexity Group 1-2-Vision board	16 11:15-Lunch 12-1-Walking Group 1:30-2:30MusicTherapy 2:30-4- Game Room	17 11:15-Lunch 12-1-Peer support 1-3-Arts & Crafts	18 11:15-Lunch 12-3-Movie Outing 1-2-Dual Dependency	19
20	21 11:15-Lunch 12-1-Member Based Journaling 1-3 ART THERAPY	22 11:15-Lunch 12-1-Aniexity Group 1-2 -Poetry Group	23 11:15-Lunch 12-1-Walking Group 1:30-2:30MusicTherapy 2:30-4- Game Room	24 11:15-Lunch 12-1-Peer Support 1-3-Arts & Crafts	25 11:15-Lunch 12-1-Pen Making 1-2-KAROE	26
27	28 11:15-Lunch 12-1-Member Based Journaling 1-3-ART THERAPY	29 11:15-Lunch 12-1-Aniexity Group 1-2-ICECREAMSOCIAL	30 11:15- Lunch 12-1- Walking Group 1:30-2:30-Music Therapy 2:30-4- Game Room			

CLOSED 9/7- HAPPY LABOR DAY!



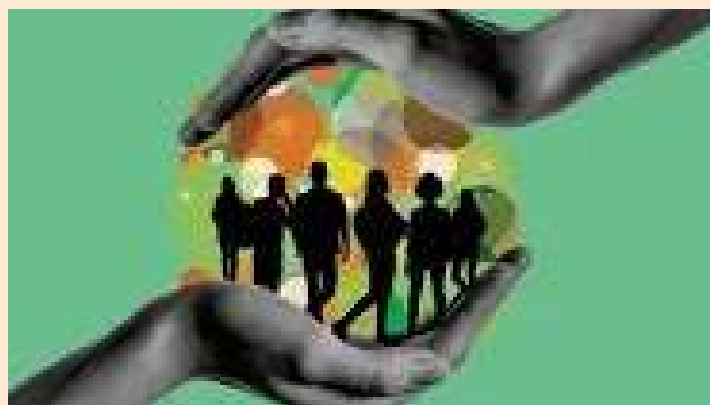
ART



Community



BELONGING



Questions?

Email us:

csp@touchstonemh.org



touchstonemh.org

Address:

7590 Lyric Ln NE, Fridley, MN 55432