

October/November Newsletter



TOUCHSTONE
mental health

MOSAIC

Community Support Program

Member Hours:
M-F
10 am to 3:30 pm

Every 2nd Saturday
Monthly
10 am to 2 pm

Staff Hours:
M-F
9 am to 4 pm



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!



August/September Highlights



October/November Activities & Outings



Join Us!





October



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	2 11:30-Lunch 12-1-Coffee Outing 1-2- Member Led Dual Dependency Group	3
4	5 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	6 11:15-Lunch 12-1-Peer Support 1-2-Member Meeting 2-3- Peer Support Check Ins	7 11:15-Lunch 12-2-B IN GO 1:30- 2:30-Music Therapy	8 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	9 11:15-Lunch 1-2- Member Led Dual Dependency Group	10 11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
11	12 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	13 11:15-Lunch 12-1-Savers Outing 1-2- Nature Based Therapy 2-3- Resource Check Ins	14 11:15-Lunch 12-1-Self-Care Group 1:30- 2:30-Music Therapy	15 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	16 11:15-Lunch 12-1-Karaoke 1-2- Member Led Dual Dependency Group	17
18	19 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	20 11:15-Lunch 12-1-Peer Support 1-3- Game Room	21 11:15-Lunch 12-1-Self-Care Group 1:30- 2:30-Music Therapy	22 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	23 11:15-Lunch 12-1-Journaling 1-2- Member Led Dual Dependency Group	24
25	26 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	27 11:15-Lunch 12-1- Gratitude Jars 1-2- Nature Based Therapy 2-3- Peer Support Check Ins	28 11:15-Lunch 12-1-SelfCare Group 1:30- 2:30-Music Therapy	29 11:15-lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	30 11:15-Lunch 12-3:30Harvest Party	

OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!





November



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:15-LUNCH 12-1-Creative Writing 1-3- Art Therapy	3 11:15-LUNCH 12-1-Walking Group 1-2-MEMBER MEETING	4 11:15-LUNCH 12-1-BINGO 1:30-2:30-Music Therapy	5 11:15-LUNCH 12-1-Peer Support 1-4-Arts & Crafts	6 11:15-LUNCH 12-1-Journaling 1-2-Member Led Dual Dependency Group	7
8	9 11:15-LUNCH 12-1-Stress Management 1-3-Art Therapy	10 11:15-LUNCH 12-2-Library Outing Nature Based Therapy	11 11:15-LUNCH 12-1-Journaling 1:30- 2:30Music Therapy	12 11:15-LUNCH 12-1-Peer Support 1-2:30-Arts & Crafts	13 11:15-LUNCH 12-1-Dream Catchers 1-2- Member Led Dual Dependency Group	14 11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
15	16 MOSAIC CLOSED STAFF DAY	17 11:15-LUNCH 12-1-Peer Support 1-2-Exercise Group	18 11:15-Lunch 12-1-Journaling 1:30-2:30-Music Therapy	19 11:15-LUNCH 12-1-Peer Support 1-2:30-Arts & Crafts	20 11:15-LUNCH 12-1-HUMANE SOCIETY OUTING! 1-2- Member Led Dual Dependency Group	21
22	23 11:15-LUNCH 12-1-Stress Management 1-3-Art Therapy	24 11:15-LUNCH 12- Color-Me Mine Outing 1-2-Exercise Group Nature Based Therapy	25 11:15-LUNCH 12-1-Self-Care Group 1:30-2:30-Music Therapy	26 	27 11:15-LUNCH MOVIE DAY	28
29	30 11:15-Lunch 12-1-Stress Management 1-3Art Therapy					

NOW OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!



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 Services & Supports



ART



Community



BELONGING



Questions?

Email us:

csp@touchstonemh.org



touchstonemh.org

Address:

7590 Lyric Ln NE, Fridley, MN 55432