



Avivo Community Support Program

November 2020

To observe upcoming holidays, we will be closed on November 11, 26 and 27.

To Become a Member

Avivo CSP offers recovery-focused, flexible, easy-access services for adults who live with mental illness and reside in Hennepin County. For information call 612-752-8350.

Easy Zoom Instructions:

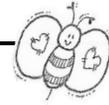
As winter kicks in, we will be offering more groups online. Please use these instructions to navigate Zoom, the online platform we use:

Join a meeting by smart phone, tablet, or computer, click through a Zoom link provided by CSP staff via email => once you click on the link follow the prompts to download and run Zoom. If you have downloaded already you will not get that prompt => click to join the audio conference => when you're in the meeting, click the Start Video and Unmute buttons. Check with staff if you want to join Zoom by phone.

Download Zoom here:

<https://zoom.us/download>

MEET THE STAFF



Hello to you! As we have transitioned to a new community model, we thought it would be nice to share more about the staff of ArtWorks, FoodWorks, and NatureWorks, and our specialty team. Some of us you have known for years but there are many new staff that we want to introduce to you! You can find staff contact info on page 5. You will also notice that our calendar has returned to a newsletter format! Reach out if you have questions and remember to RSVP for groups and activities you are interested in.

Avivo ArtWorks:

My name is Bushra. I am the Wellness Coach for Avivo Artworks. I mainly focus on art-related healing and community opportunities. I can also help you with any health and wellness related goals that you may have! What are your hobbies: I love to make art, read, listen to music, sing, and spend time with friends!

My name is Leanna. I am the Community Coordinator of Avivo ArtWorks. As a new member of the ArtWorks team, I look forward to getting to know members and staff of the CSP team. In my role, I help to lead and facilitate art groups and build relationships in the community. As a professional dancer, choreographer, and teaching artist, I am excited to share my passion for dance with the CSP. I enjoy dancing, listening to music, watching movies, reading, spending time with family and friends, and traveling.

My name is Rick. I am the Peer Support Specialist with the ArtWorks program. As a person who lives with mental illness, I am here to offer peer support from the perspective of someone who has lived experiences of mental health challenges. I primarily do this through art, helping to run a number of groups based on different mediums and aspects of living creatively. But I can also lend an open ear to problems you might be facing, or ongoing support for successes you are accomplishing. My hobbies include reading, photography, leatherworking, fishing, guitar, and ukulele.

Hi, I am Jes, the Program Supervisor of Avivo ArtWorks. I oversee the ArtWorks program so if you have groups, activities, or services offered, reach out! I also have a long history of leading providing supportive counseling, leading art workshops, doing art in community, and presenting artwork. I love to help artists with their careers too! I love art, movies, animals, reading, and taking walks.

Avivo FoodWorks:

My name is Steph. I am the supervisor of the FoodWorks area within the CSP. I can help you with anything related to food and gardening! I can also help with connection to community resources, benefits, and overall problem solving. I like to be quietly outside in nature, pulling weeds, listening to birds and the wind, or doing projects in the yard. If I am forced indoors it usually means I am cooking or reading!

My name is Mary. I am the Wellness Coach of Avivo FoodWorks. As the Wellness Coach, my job is to help you achieve your goals to live a happy and healthy life. I will help you assess your current physical state and then develop a plan of action to help you reach your wellness goals. I am here to support your physical, mental, emotional, and spiritual well-being. I love to be outside and I walk around the lakes almost every day. I spend many weekends in the summer camping and hiking at Minnesota's State Parks. I am a theatre enthusiast and love the International Film Festival.

Avivo NatureWorks:

Hello, I'm Michael Norcross. I am a Peer Specialist. I was born and raised in St. Paul and am half Native American half Irish. I have background experience in homelessness, addiction, & recovery. I also specialize in Native American drum-making & singing.

My name is Amanda Rodriguez. I am the Wellness Coach for NatureWorks. I am here to support you in your health, wellness, and recovery goals. This could look like implementing CSP groups curated to your needs, provide you with tools and community resources, developing a self-directed plan to reach your goals and much, much more! I look forward to getting to know the members of Avivo. I am a cat mom and karaoke enthusiast. I spend a lot of my time in theatres so I cherish the moments I can be outdoors.

Hi, I'm Pam the Community Coordinator for NatureWorks. I help coordinate and facilitate the activities. I can do intakes and can help figure out benefits and find resources in the community. I love NatureWorks because our area has so many beautiful parks that we get to explore with all of you. If you have a favorite park or encounter with wildlife I'd love to hear about it!

CSP Specialty Team:

Hello, I'm Robert Brock. I am one of two Housing Coordinators at Avivo CSP. I am able to assist with housing searches, completing applications for housing, advocacy and referrals for furniture and other household items. My hobbies are watching the NFL and NBA, reading, and watching documentaries.

My name is Georgia. I am on the Avivo CSP Specialty Team. I assist members with housing needs and supports and provide team supports for ArtWorks, FoodWorks, and NatureWorks focus areas. I enjoy writing, reading, nature, good conversations, hiking, and serving/connecting others with their passions.

Hi, I'm Kate. I am a CSP Mental Health Professional. I utilize trauma informed art therapy, narrative and somatic methods to support members mental health needs. I also lead therapeutic groups to support members mental health needs and explorations. I love creating and experiencing art, watching movies, spending time outdoors, camping, and music.

My name is J-D. I am the Employment Coordinator at Avivo. I help connect Avivo members to employment, job shadowing, job training as well as support community-based activities to improve overall health and quality of

life by facilitating participation in Community Support Program employment related activities. I love dancing, hiking, movies, art, and football.

Please meet our CSP leader:

My name is Brenda. I am the Community Support Program Manager. I oversee ArtWorks, FoodWorks, NatureWorks and the Specialty Team that consists of a mental health professional, an employment coordinator and 2 housing coordinators. In this position I do what it takes to support everyone to ensure they have resources, proper tools to work effectively and give feedback on our progress through our new community-based services. Working closely with the Supervisors and the supporting staff allow our vision and mission to stay person centered and more successful outcomes. I like listening to music, swimming, nature walks, STEM projects, and action-packed movies

COMMUNITY SUPPORT PROGRAM – NOVEMBER GROUPS & ACTIVITIES

Groups marked with *** are in person (mask required). RSVP is required at least 24 hours in advance. Staff reach out at least a day in advance with group updates. For all in person events, a Zoom alternative will be offered if outdoor activity has to be cancelled due to weather. Avivo is a tobacco-free organization. Thank you for helping us extend this policy during online & in person groups.



Member mural completed August 2020 at Avivo's headquarters (1900 Chicago Ave. S, Minneapolis)

ARTWORKS

Let's Dance: Mondays, 1 – 2 PM on Zoom

Let's Dance is about expressing yourself with your body. Get moving at home and on Zoom with your fellow members!

Open Studio: Mondays, 2– 4 PM on Zoom

The closest thing we can do remotely via Zoom is to create the Open Studio experience is doing art in the accompany of others while in your own home! We can talk, share what we are working on, and laugh at the same time. How fun!

Perspectives: Tues. 12 – 1:30 PM (in person) and Thurs., 12 – 2 PM on Zoom ***

Whether you join us for in-person *Perspectives* on Tuesdays, or go out and take your own photos during the week, this group will be a great place to give and receive feedback about your own and others' photos, create narratives through photography about mental health and recovery, and learn about photographic techniques.

Locations: Nov. 3: Becker Park (5300 53rd Ave N., Crystal), Nov. 10: Minneapolis Sculpture Park (725 Vineland Pl, MPLS), Nov. 17: Smith Park (8155 Park Ave S, Bloomington), Nov. 24: Gold Medal Park (Second Street and 11th Avenue South, MPLS)

Art & Thrive: Thursdays, 3 – 4 PM on Zoom

This is an ongoing support group for all creative members on Thursday afternoons who are looking to stay connected and discuss artistic goals. We cover topics likes creative block, career planning, portfolio building, artist statements and more!

Write Now: Wed., Nov. 4, 12 - 1 PM on Zoom

In an accessible, supportive, stimulating, and relaxed environment, you can share your words. Write your next poem, short story or more by attending this group.

Art 4 Social Change: Friday, November 6, 3 – 4 PM, Meeting the first Friday of every month on Zoom

Are you passionate about arts and social justice? Do you want to be part of art for social change projects? Do you want to meet other artist members who want to do this too? Then this is the group for you! Attend this initial meeting of Art 4 Social Change so that we can begin to plan upcoming member driven CSP projects like murals, art shows, and collaborations.

Morning at Mia: Fridays, Nov. 13 and 20, 10 AM – 12 PM ***

Wake up early and head to the Minneapolis Institute of Art (2400 3rd Ave, MPLS)! The galleries are open, with all the recommended precautions in place. Enjoy art at a leisurely and safe pace! Because of ticket limitations this RSVP is limited to only 6 members each outing. Timed tickets are required for entry so you must show up to the museum on time. Meet at the front door along 3rd Ave.

Drawing Club: Fridays, 1 - 2 PM on Zoom (November 6 – January 22)

Learn to draw, hone your skills, share ideas with peers in a positive, encouraging space where artists of all skill levels explore drawing with a variety of media. Each week is a new exploration in media and techniques: abstract, collage, botanical, portraits, blind contour drawing, still-life, watercolor, charcoal, pastel, pencil. Each member signed up ahead of time will receive supplies to participate. Most likely this group will have a waitlist so RSVP now!

Mindful Art (various park locations): Tuesdays, 11 – 12 PM, Friday, Nov. 6, 10 – 11 AM at Minnehaha Falls, Wed., Nov. 4, 1 – 2 PM on Zoom ***

Let meditation help draw out new artwork. All you need is paper and a pen or pencil! **Locations:** Nov. 3: Becker Park (5300 53rd Ave N., Crystal), Nov. 6: Minnehaha Falls (4825 Minnehaha Ave S, MPLS), Nov. 10: Minneapolis Sculpture Park (725 Vineland Pl, MPLS), Nov. 17: Smith Park (8155 Park Ave S, Bloomington), Nov. 24: Gold Medal Park (Second Street and 11th Avenue South, MPLS)

Open Mic: Friday, Nov. 20, 3 – 4 PM on Zoom

Join fellow members once a month for **Open Mic!** Members and staff share our artistic sides, whether it's poetry, spoken word, music, comedy, storytelling, visual art, or whatever you would like to share and talk about. Express your creativity and receive feedback from your peers.

NATUREWORKS

Second Nature: Mondays, 12 PM – 1 PM on Zoom

Being outdoors comes as second nature to us! So, what happens when the temperatures start to drop? Join us for *Second Nature*, a Zoom Wellness Series where we bring nature indoors as we prepare for winter. You can expect to watch themed videos, discuss current events, and continued exploration on how nature can nurture your mind, body, and soul.

Nature Fix: Mondays, 2 – 3 PM (various park locations) ***

Get your nature fix with a walk in the park and recreational games. Meet other members and enjoy some fresh air with a hot beverage and snack. **Locations:** Nov. 2: Peavey Field (2301 Park Ave, MPLS), Nov. 9: The Commons (425 Portland Ave, MPLS), Nov. 16: Washburn Fair Oaks (200 E 24th St, MPLS), Nov. 23: Minneapolis Sculpture Park (725 Vineland Pl, MPLS)



Look at this picturesque walk last month while at Veteran's Park in Richfield!

Nature Fix with Walk:

Tuesdays, 12 – 2 PM, Becker Park, 5300 53rd Ave N., Crystal ***

Thursdays, 1:30 – 3:30 PM, Smith Park, 8155 Park Ave S, Bloomington ***

Get your nature fix with a walk in the park and recreational games. Meet other members and enjoy some fresh air with a hot beverage and snack. ALSO, we will also be making fleece blankets during the first weeks of the month! Members will produce their own layer, creating a blanket that you can wrap around yourself during our late fall walks! **Special Sound Healing Meditation will be offered on Tuesday, November 10 & 12. Tea Tasting on Tuesday, November 24.**

Fleece Blankets: Friday, Nov. 13, 12:30 – 1:30 PM, Avivo Garden (1825 Chicago Ave S, MPLS) ***

Our furry neighbors like white-tailed deer or grizzly bears prepare for winter by adding another layer of fur and fat. Members will produce their own layer with an outdoor craft. Create a fleece tie blanket that you can wrap around you during our late fall walks!

FOODWORKS

Food in the Fall: Thursdays, 2 – 3 PM on Zoom

Come and learn simple ways to prepare season foods such as squash, brussels sprouts, and carrots. This online Zoom group will show simple ways to cook these vegetables with ingredients you have at home.

Preserving the Bounty: Thursday, Nov. 12, 2 – 3 PM on Zoom

Come to this group and learn simple ways to preserve that food instead of it landing in your trash can. Foods that are in season and taste great can lead to cold winter days with meals that are full of color and flavor!

What's Eating You: Managing Stress with Food: Friday, Nov. 13, 12 – 1:30 PM on Zoom

Join us for a fun and lively discussion as we explore what triggers us to eat certain food. This will be a supportive place to dive deeper as we enter into the holiday season.

Ideas for Holidays at Home: Friday, Nov. 19, 12 – 1 PM on Zoom

Many of us will not be able to participate in Holidays in a way that is typical or traditional this year and this does not mean we cannot find creative ways to still enjoy ourselves! Meal ideas for 1-3 will be discussed.

OTHER WELLNESS GROUPS, ACTIVITIES AND NEWS:

Check In: Mondays from 11 AM – 12 PM on Zoom

Do you need help getting the week started? Would you like a group to check in with on a weekly basis? Every Monday we offer a time to talk about what's ahead, what we might be up to, or whatever we need to discuss to get and stay motivated.

Fitness: Mondays, 12 PM – 1 PM, Basset Creek Park (5715 32nd Ave N, Crystal) *
& Thursdays, 1 – 2 PM on Zoom**

Join us for an invigorating class followed by a short discussion on nutrition to support your exercise plan. No equipment needed. Bring a yoga mat or blanket to lie down on. Don't forget your water! Meet by dog area at park and bring water.



USBank volunteer helping FoodWorks transform our community garden at 1825 Chicago Ave. S., Minneapolis

BIPOC Affinity Group: Wednesdays, 2 – 3 PM, Peavey Field, 2301 Park Ave, MPLS ***

A new group to serve our members who identify as Black, Indigenous or a person of color. This month we will be practicing Kubba – a combination of lawn bowling and horseshoes in Peavey Field in Minneapolis.

Mindful Movement, Wednesdays, 3 – 4 PM on Zoom

Let's move slowly and intentionally through stretching, breathing, and a little exercise. This can be done in a chair or standing. You do not need to be flexible to do this class. It is open to all fitness levels and can be adapted to anybody. We start the class with a short meditation to calm the mind and then move into movement.

Coping with Anxiety: Thursdays, 12 – 1 PM on Zoom

Together we will learn and share strategies for coping with anxiety and support each other during these uncertain times.

Book Club: *My Grandmother's Hands*, Wednesday, Nov. 18 & 25, 12 – 1:30 PM on Zoom (Book provided with RSVP)

Sensitive and probing, this book from therapist Menakem delves into the complex effects of racism and white privilege. He speaks from the wisdom of his grandmother and his own expertise in somatic therapy, a field that emphasizes the mind-body connection. Trauma, both present-day and historical, forms the cornerstone of what this book explores. Join us as we read and explore how to become and anti-racist. Led by Avivo Staff and Members.

Walk & Socialize: Thursday, November 19, 1:30 – 3:30 PM, Smith Park, 8155 Park Ave S, Bloomington

Meet and walk with other members as you enjoy a hot beverage and snack. A great way to get out, get some exercise, and enjoy some company!

Fabric Giveaway!

Grab a mystery fabric bag! Help us clean up a large excess of fabric we used for quilting groups. Sign up by contacting Leanna at 612-447-9566.

Stay tuned about our December Giving Month!

Since we cannot organize our ever so popular crowded holiday parties this year, we are planning something different. It will still be festive, full of gift giving, and community-building. We will be offering three different events across Hennepin County.

Are you looking for a therapist? If so, we have one on staff! Please meet Kate:

"My years of experience in systemic therapy, somatic and experiential art therapy and visual communication allows me to be a profound listener, and help translate that listening into embodied expression, awareness and communication that acknowledges the human spirit." **Learn more about Kate by contacting her by phone at 612-446-9119.**

November 3rd is Election Day. Do not forget to vote!

To vote you must be: A U.S. citizen, at least 18 years old on Election Day, a resident of Minnesota for 20 days, and have finished with all parts of any felony sentence. You can register to vote on election day. Need help? Call 1-877-600-VOTE (8683)

Staff contact info:

Manager

Brenda:

612-702-0716

Supervisors

Steph (FoodWorks):

612-2101393

Jes (ArtWorks):

612-404-5541

Katie (NatureWorks):

Phone number coming soon!

Specialists

Kate, Mental Health

Professional: 612-446-9119

Robert, Housing Coordinator:

612-202-4367

Georgia, Housing Coordinator:

612-396-9421

J-D, Employment Coordinator:

612-447-9420

Community Coordinators

Leanna (ArtWorks):

612-447-9566

Pam (NatureWorks):

612-532-1713

Wellness Coaches

Mary (FoodWorks):

612-499-7955

Bushra (ArtWorks):

612-423-5351

Amanda (NatureWorks):

612-222-0251

Peer Specialists

Rick (ArtWorks):

763-321-0222

Michael (NatureWorks):

612-499-7960

CSP Main Lines:

612-752-8350 or 612-752-8300

Group/Activity RSVP line:

612-752-8332

November 2020

Avivo Community Support Program

RSVP: 612-752-8332 or email community.support@avivomn.org

Masks required for all outdoor groups & all groups are tobacco free

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Zoom:</u> 11am Check In 12pm Second Nature 1pm Let's Dance 2pm Open Studio</p> <p>In person at Basset Creek Park: 12:30 Fitness</p> <p>In person at Peavey Field: 2pm Nature Fix</p>	<p>3 <u>In person at Becker Park (Crystal):</u> 11am Mindful Art 12pm Nature Fix w/walk 12pm Fleece Blankets 12pm Perspectives Photo</p>	<p>4 <u>Zoom:</u> 11am Mindful Art 12pm Write Now 3pm Mindful Movement</p> <p><u>In person at Peavey Field:</u> 2pm BIPOC Affinity Group</p>	<p>5 <u>Zoom:</u> 12pm Perspectives Photo 12pm Coping with Anxiety 1pm Fitness 2pm Food in the Fall 3pm Art & Thrive</p> <p><u>In person at Smith Park:</u> 1:30pm Nature Fix & Walk</p>	<p>6 <u>Zoom:</u> 1pm Drawing Club 3pm Art 4 Social Change</p> <p><u>In person at Minnehaha Falls:</u> 10 AM Mindful Art</p> <p><u>In person at Avivo MPLS:</u> 12:30pm Nature Fix</p>
<p>9 <u>Zoom:</u> 11am Check In 12pm Second Nature 1pm Let's Dance 2pm Open Studio</p> <p>In person at Bassett Creek Park: 12:30pm Fitness</p> <p><u>In person at The Commons (MPLS):</u> 2pm Nature Fix</p>	<p>10 <u>In person at MPLS Sculpture Park:</u> 11am Mindful Art 12pm Perspectives Photo</p> <p><u>In person at Becker Park:</u> 12pm Nature Fix w/walk 12pm Fleece Blankets 1pm Sound Healing</p>	<p>11</p> <p style="text-align: center;">Closed Veteran's Day</p>	<p>12 <u>Zoom:</u> 12pm Perspectives Photo 12pm Coping with Anxiety 12pm Preserving the Bounty 1pm Fitness 2pm Food in the Fall 3pm Art & Thrive</p> <p><u>In Person at Smith Park</u> 1:30pm Nature Fix w/walk 2:30pm Sound Healing</p>	<p>13 <u>Zoom:</u> 12pm Managing stress with food 1pm Drawing Club</p> <p><u>In person at the museum:</u> 10am Morning at Mia</p> <p><u>In person at Avivo MPLS:</u> 12:30pm Fleece Blankets</p>
<p>16 <u>Zoom:</u> 11am Check In 12pm Second Nature 1pm Let's Dance 2pm Open Studio</p> <p>In person at Bassett Creek Park: 12:30pm Fitness</p> <p><u>In person at Washburn Fair Oaks Park:</u> 2pm Nature Fix</p>	<p>17</p> <p><u>In person at Smith Park:</u> 11am Mindful Art 12pm Perspectives Photo</p> <p><u>In person at Becker Park:</u> 12pm Nature Fix w/walk</p>	<p>18</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Book Club: My Grandmother's Hands 3pm Mindful Movement</p> <p><u>In person at Peavey Field:</u> 2pm BIPOC Affinity Group</p>	<p>19</p> <p><u>Zoom:</u> 12pm Perspectives Photo 12pm Coping with Anxiety 1pm Fitness 2pm Food in the Fall 3pm Art & Thrive</p> <p><u>In Person at Smith Park:</u> 1:30pm Walk & Socialize</p>	<p>20</p> <p><u>Zoom:</u> 12pm Ideas for Holidays at Home 1pm Drawing Club 3pm Open Mic</p> <p><u>In person at the museum:</u> 10am Morning at Mia</p>
<p>23 <u>Zoom:</u> 11am Check In 12pm Second Nature 1pm Let's Dance 2pm Open Studio</p> <p><u>In person at Bassett Creek Park (Crystal):</u> 12:30pm Fitness</p> <p><u>In person at MPLS Sculpture Park:</u> 2pm Nature Fix</p>	<p>24</p> <p><u>In person at Gold Medal Park:</u> 11am Mindful Art 12pm Perspectives Photo</p> <p><u>In person at Becker Park:</u> 12pm Nature Fix w/walk 1pm Holiday Tea Tasting</p>	<p>25</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Book Club: My Grandmother's Hands 3pm Mindful Movement</p> <p><u>In person at Peavey Field:</u> 2pm BIPOC Affinity Group</p>	<p>26</p> <p style="text-align: center;">Closed Thanksgiving</p>	<p>27</p> <p style="text-align: center;">Closed Thanksgiving</p>
<p>30 <u>Zoom:</u> 11am Check In 1pm Let's Dance 2pm Open Studio 12:30pm Fitness</p>		<p style="text-align: center;">Outdoor groups may move online due to weather</p>	<p style="text-align: center;">RSVP required at least 24 hours in advance</p>	<p style="text-align: center;">Masks required at all outdoor events</p>



Community Support Program
1825 Chicago Ave South
Minneapolis, MN 55404

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ADDRESS SERVICE REQUESTED

Please update your contact information with us!
Phone and E-mail!

As COVID-19 has impacted the world in many ways, it has also impacted the way we can provide services. Please take some time to update us on how we can best re-connect with each of you. Call one of the main lines to connect!

Please RSVP within 24 hours of group by calling 612-752-8332 or sending an email to community.support@avivomn.org

Online Zoom Groups: Please leave your email address when RSVPing over the phone. You can attend these meetings by computer, smartphone, tablet, or phone.