



Avivo Community Support Program

April 2021

HEALTH & WELLNESS: GETTING THE WORD OUT

Staff Contact Info:

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Katie (NatureWorks):
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Specialists

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**J-D, Employment
Coordinator:**
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**Kate, Mental Health
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Community Coordinators

Leanna (ArtWorks):
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Lusu (FoodWorks):
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Wellness Coaches

Amanda (NatureWorks):
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Bushra (ArtWorks):
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Peer Specialists

Chris (FoodWorks):
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CSP Main Lines:

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612-752-8300

RSVP line:

612-752-8332

Spring is Here!

By Bushra, ArtWorks Wellness Coach

There is new growth and nicer weather on the way that can be beautiful to see and enjoyable to be around. With a new season could come a new art piece! Art does not have to be confined to the indoors and I find a wonderful way to welcome the new season is to focus on art in the outdoors.

Art can be found in many ways out in nature and even indoors just thinking about nature! There are many ways to be inspired by the things that you can find on a leisurely walk or just looking out your window during this season. A few ideas would be to find leaves or other natural objects and incorporate them into a piece, taking some time to sit outdoors and sketch a tree or other things that you see, or even just doing some art that you are familiar with in an outdoor setting. Feel free to experiment with finding your own way to welcome the new season! Happy creating!

Each month A CSP Wellness Coach offers a tip to encourage staying healthy and well. We believe that addressing overall wellness – health, social and economic wellness – is the foundation of making lasting change in the lives of people we serve.

A note from Robert: We wanted to share that Robert Brock, our longtime Housing Coordinator has retired. We want to acknowledge and thank him for his tireless passion and dedication towards improving housing access. He built many partnerships and impacted so many lives. He wanted to leave you with a message: *“I will miss all of you and that I wish each and every one of you the very best.”*

We wish Robert the best too!

A note from Brenda: *Dear CSP Members – I am horrible with goodbyes but wanted to say thank you for the memories we were able to share during the time I was the Program Manager with the CSP. I am truly honored to have worked with such an amazing team and overcome the challenges we did during the pandemic to make sure that our members always came first. Keep your face to the sun and never stop pushing forward!*

Free chef-inspired, pre-packed, hot meals!***

Avivo has partnered up with MN Central Kitchen to provide a free, chef-inspired, pre-packed, hot meal to anyone that wants one. As members you are welcome to come and receive a food or talk to staff if you would like to volunteer. Meal distribution will start for one hour at 11:30am and go thru 12:30pm, Monday thru Friday in the Avivo Garden at 1825 Chicago Ave S., Minneapolis. No need to sign up -- just show up!

Pre-Register for Mending Our Hearts and Bodies: Starting May 7 for 12 weeks (Therapy Group) Fridays, 2:30 – 3:30 PM on Zoom

In this group setting, we will explore the body’s relationship to trauma and the comfort of regulation. Kate will be providing visuals to support exploration in a confidential therapeutic group setting. For more information or to pre-register for the next group starting May 7th, call Kate at 612-446-9119 or email her at Kate.Pabst@avivomn.org.

Earth Day Celebration *** Thursday, April 22 at 2 – 3 PM at Powderhorn Park

Join NatureWorks as we celebrate and honor Earth Day. In this group you get to pot your own plant in upcycled containers while we discuss and learn about the history of Earth Day. Then, we will team up with Minneapolis Parks and Recreation's 26th annual Earth Day Clean-Up and the Great Global Clean-Up to pick-up trash in and around Powderhorn Park. This event is a great opportunity to get outside and work together to improve our local environment. Supplies provided.

Collage Club Reception: Friday, April 9, 2:30 – 3:30 PM on Zoom

All are invited to celebrate the ending of Collage Club by viewing artwork created during the workshops and hearing from members about their art.

WHAT'S THE BUZZ: HIGHLIGHTS, UPDATES, AND NEW GROUPS

Groups marked with *** are in person (mask required). All in person events are subject to change per CDC, MDH, and Avivo guidelines. RSVP is required at least 24 hours in advance. Staff reach out at least a day in advance with Zoom links and if there are group updates. For all in person events, a Zoom alternative will be offered if outdoor activity is cancelled due to weather. If you have RSVP'd to a group, you will receive a communication if the group is cancelled. Some groups have associated kits that staff will communicate with you about. Avivo is a tobacco-free organization. Thank you for helping us extend this policy during online & in person groups.

Peers Check In: Mondays, 11AM – 12 PM on Zoom

Please join us for Peers Check In, a Monday morning group to check in on how your weekend went, what your plans for the week are, or just how you're doing generally. Led by Peer Specialists, the group will also keep you up to date on other CSP activities and resources.

Food Walk: Tuesdays, 12 – 1 PM* at Becker Park**

Food Walk is a healthy way to chat about food while walking in the parks and discovering the basic info of healthy food.

Find Your Wellness Flow: Tuesdays April 6 & 20, 2 - 3 PM on Zoom

Join us to learn and discover what helps you stay in a positive wellness zone. Fun activities and exercises help you create your own personal wellness tool box. All materials provided. Certificate of completion awarded. RSVP required.

Addressing Stigma: Tuesdays, 3:15 – 4:15 PM on Zoom

Collaborate with ArtWorks Collective Members to address mental health stigma in ourselves and in others to increase awareness and its impact on our lives. An integral part of this long-term project is to create a collaborative needle felted work of art which will exhibit with Hennepin Theatre Trust in the winter.

Call for Artists: Hope Signs Info Session: Wednesday, April 7, 2 – 3 PM

ArtWorks is looking for 10 members to create art that expresses hope and resiliency for the Avivo Garden. We will be providing blank yard signs and Sharpies to make the work. This meeting will provide you with all of the info about the project and answer questions you may have. The art will be displayed all summer long and returned to the member at the start of Fall. Attend the info session to learn more!

Ask the Artist with COMPAS Teaching Artist Katrina Knutson on Zoom: Wednesdays, April 14 or 21, 2 – 3 PM

Come curious! COMPAS Teaching Artist Katrina Knutson answers all of your questions! You can ask about things like art, teaching, leading groups, or what is it like to be a working artist! Limited to 4 members each day so sign up today! We will have a waiting list if we fill up.

Food Walk: Tuesdays, 12 – 1 PM* at Becker Park**

Walk for food is a healthy way to chat about food while walking in the parks and discovering the basic info of healthy food.

Diverse Foods: Thursdays, 11 – 12 PM on Zoom

Exploring delicious food, with definitive recipes from around the world. It is an essential guide to eating and knowing all about the best food from diverse backgrounds.

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

This group is not new, but the April theme is. Our April theme will be water! Through poetry, guided meditation, group exercises, and hands-on activities we will explore our deep connection to all forms of water. This is an open group, members are free to join at any point. RSVP to receive this month's activity kit to make a calming glitter jar and scented bath salts.

Feedback Focus Group*: Thursday, April 29, 2 – 3 PM PM at 1825**

Join us for a chance to connect, see your friends, and most importantly, participate in giving feedback to the CSP! The CSP is a member-driven program; we want to know what you enjoyed in the past six months of CSP activities and what you want to see in 2021. We will ask a series of round-robin questions about the CSP structure, accessibility, programming, staff, etc. to ensure that all participants have a chance to share their views and ideas. Please RSVP. Space is limited to 8 Participants.

Spring Nature Walk: Thursdays, 2 – 3 PM* at various park locations**

The first day of spring was March 20th and we are excited to continue walking in warmer weather. Spring is when cold and dark dwindle away and rebirth begins. Light shines brightly and more frequently, animals emerge, plants and flowers bloom. Join us as we take in the new life of spring! Locations – April 1: Smith Park, April 8: Becker Park, April 15: Smith Park, April 22: Powderhorn Park (3 – 4 PM), April 29: Powderhorn Park (3 – 4 PM)

Explore and Share Art Kits: Clay Beads and Origami / Meet up on Friday, April 9, 1 – 2 PM on Zoom

Sign up for a Clay Beads or Origami art kit by contacting Leanna. Each kit comes with a variety of supplies to get you started on a project. Kits are provided by Hennepin County Library and is funded by Minnesota's Arts and Cultural Heritage Fund. **Join us on Zoom for a meetup on Friday, April 9th from 1 – 2 PM** to share about your kit progress, ask questions, and learn more about clay from fellow member Morgan. Meetup attendance is not required to receive a kit.

Photography Club*: Thursdays. 11 AM – 12 PM on Zoom / Fridays, 2 – 4 PM at various Minneapolis park locations (April 15 – May 6)**

We have a new series of workshops facilitated by COMPAS Teaching Artist Mica Lee Anders! Get to know your camera and learn to see through the camera's lens. Members will learn how to shoot in a variety of photographic styles—from abstracts to Landscapes/Cityscapes. Each lesson begins with a discussion of composition and hands-on camera tips before students take pictures with their cameras. Cameras provided if needed. Sign up is limited to 12 members so sign up with Rick today! Locations: April 16: Gold Medal Park, meet at the corner of 11th Ave S & West River Parkway, Mpls, 55415; April 23: Boom Island Park, 724 Sibley Street NE, Mpls, 55413; April 30: The Commons at US Bank Stadium, meet at the corner of Park Avenue & South 4th Street, Mpls, 55415.

April 2021

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

Avivo CommunitySupport Program

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Free Hot Lunches Monday – Friday 11:30am – 12:30pm Avivo CSP Garden	1 Zoom: 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person: Smith Park 2-3pm Spring Nature Walk	2 In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch No Groups: CSP Staff Retreat
5 Zoom: 11am Peers Check-In 12:30pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	6 Zoom: 11am Let's Dance 2pm Find Your Wellness Flow 3:15pm Addressing Stigma In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch 1-2pm Meditative Drumming Circle In-Person: Becker Park 12-1pm Food Walk	7 Zoom: 11am Mindful Art 1pm Crochet Club 2pm BIPOC Affinity 2pm Call for Artists: Hope Signs Info Session 3pm Mindful Movement In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	8 Zoom: 11am Diverse Foods 12pm Coping with Anxiety 1pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person: Becker Park 2-3pm Spring Nature Walk	9 Zoom: 1pm Explore & Share Clay 2:30pm Collage Club Reception In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch
12 Zoom: 11am Peers Check-In 12:30pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	13 Zoom: 11am Let's Dance 2:00pm Food Photographs 3:15pm Addressing Stigma In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch 1pm Meditative Drumming Circle In-Person: Becker Park 12-1pm Food Walk	14 Zoom: 11am Mindful Art 12pm Bookclub 1pm Crochet Club 2pm BIPOC Affinity 2pm Ask the Artist 3pm Mindful Movement In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	15 Zoom: 11am Photography Club 11am Diverse Foods 12pm Coping with Anxiety 1pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person: Smith Park 2-3pm Spring Nature Walk	16 In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person Gold Medal Park (Minneapolis): 2-4pm Photography Club
19 Zoom: 11am Peers Check-In 12:30pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	20 Zoom: 11am Let's Dance 2pm Find Your Wellness Flow 3:15pm Addressing Stigma In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch 1pm Meditative Drumming Circle In-Person: Becker Park 12-1pm Food Walk	21 Zoom: 11am Mindful Art 1pm Crochet Club 2pm BIPOC Affinity 2pm Ask the Artist 3pm Mindful Movement In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	22 Zoom: 11am Photography Club 11am Diverse Foods 12pm Coping with Anxiety 1pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person: Powderhorn Park 2-3pm Earth Day Celebration 3-4pm Spring Nature Walk	23 Zoom: 1pm Sound Healing In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person Boom Island Park (Minneapolis): 2-4pm Photography Club
26 Zoom: 11am Peers Check-In 12:30pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	27 Zoom: 11am Let's Dance 2:00pm Food Photographs 3:15pm Addressing Stigma In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch 1-2pm Meditative Drumming Circle In-Person: Becker Park 12-1pm Food Walk	28 Zoom: 11am Mindful Art 12pm Bookclub 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch	29 Zoom: 11am Photography Club 11am Diverse Foods 12pm Coping with Anxiety 1pm Fitness Workout 2pm Open Studio In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch 2-3pm Feedback Focus Group In-Person: Powderhorn Park 3-4pm Spring Nature Walk	30 Zoom: 12pm Tea Tasting In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Free Hot Lunch In-Person The Commons at US Bank Stadium (Minneapolis): 2-4pm Photography Club