



Horizons

Community Support Program

Horizons Drop-in Hours



M – Th, 10a a– 4pm

Conveniently located at our Eagan Clinic, Minnesota Mental Health Clinics offers a warm inviting space for members to attend groups, socialize, and connect with community resources. The goal of our CSP is to enhance the well-being of community members by addressing their needs and challenges. Our staff assist members focus on a variety of areas, such as health, education, housing, social services, and economic development.

Community –based Activities:

CSP Activities: At our Drop In Center we offer daily activities such as arts & crafts, playing pool, movie days, board/card games, library outings, and much more! We also provide

Points Day: Our CSP offers the opportunity for members to learn new skills. Members can sign up to complete daily tasks and have the opportunity to earn points. Your points can be turned in for prizes at the end of each month!

Community Outings: We offer community outings throughout each season. These can include attending Twins Games, MN State Fair, Dakota County Fair, Farmers Markets, and more!

*Community outings are advertised on monthly activity calendars and require member sign up.

Weekly Groups:

Our CSP staff offer a wide variety of groups throughout each week.

- Psych Education
- Foods & Nutrition
- Exercise Group
- Healthy Minds
- Humor Group
- Friendship Club
- Healthy Relationships
- Men's & Woman's Group
- Arts & CraftS

Transportation:

The Horizons CSP offers transportation to & from our Drop In Center for Dakota County Residents.

*prior sign up is required with CSP staff. Routes may be canceled occasionally due to weather conditions.

Criteria:

- Individual's who are experiencing an SPMI (Severe and Persistent Mental Illness) of Schizophrenia, Major Depression, Bipolar Disorder, Borderline Personality Disorder, and other disorders associated with psychosis.
- Must be 18 or older
- Must be able to independently participate in Drop In Services.