

May 2026 Newsletter

May is Mental Health Awareness month!
Come join us for groups and activities as we
learn and hold space together!

DROP IN TEAM LEAD

Anastacia Luckman
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DROP IN DAY STAFF

Gary Johnson 651-365-8234
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Betsy Vial 651-365-8225

A word from staff

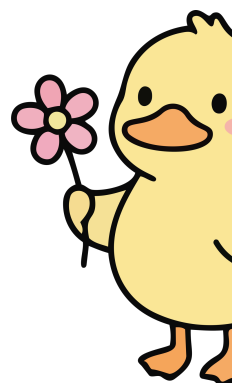
Dear Horizons Family, May is Mental Health Awareness Month! Let's practice mindfulness and notice all of the blooming flowers that May has to offer! I'm always here to listen, and offer support! - Betsy

Hey everyone! My name is Sharon, and I am a clinical supervisor for the Drop In staff and Case Managers at MMHC! You may have noticed me observe the Drop in staff for a couple of days when I visited. May is Mental Health Awareness month and here are some ideas to boost your mood during this rainy season: calling a friend, engaging in movement, spring cleaning, and spreading kindness to others. - Sharon

May is Mental Health Awareness month, why not join the Drop-In and learn about how Mental Illness effects your life. That includes some short videos with a discussion to follow, with a focus on Major Depressive Disorder and Borderline this month! - Gary

DROP-IN HOURS

Monday	10am - 4pm
Tuesday	10am - 4pm
Wednesday	10am - 4pm
Thursday	10am - 4pm
Friday	CLOSED
Saturday	CLOSED
Sunday	CLOSED



Upcoming Events:

All Member Meeting May 4th 11AM.

Twins games May 14th and 20th, see calendar for details.

CLOSED Memorial Day May 25th

Neighbors Helping Neighbors: Microsoft Teams meeting May 27th
Join: Meeting ID: 251 264 836 769 55 Passcode: 5qj3hW2P