

Minnesota Mental Health Clinics

Horizons Community Support Program

November 2025 Newsletter



This year our Drop In Family Thanksgiving will be on **Wednesday, November 26th.**

We will begin serving at **1:00**. Please join us for warm community, conversation, and food.

At Horizons' we love Thanksgiving, a time to take a moment and recognize what we are grateful for.



A Word From Our Staff



Now that November is upon us, we have our Thanksgiving meal to look forward to. Did you know that American eat approximately 46 MILLION turkeys on Thanksgiving Day each year? —Hannah

Well, November is upon us and that means colder weather. Since Horizon's is always toasty warm, stop by and visit with your friends. Looking forward, I will be doing a new video group in December. It will center on learning about mental illnesses. In the meantime, see you in November. — Gary

Dear Horizons Family, Starting in November, I will be leading weekly groups called "Who We Are" workshops. By remembering who we are, we can move forward in positive ways. We will talk about pathways to recovery, pillars of character, love languages, and many other topics that explore who we are. Always here for you! — Betsy

We are so excited to see you at our Thanksgiving meal this year! The staff and I would like to take a moment to tell everyone how grateful we are that we get to spend this quality time with our members in the Drop In at the Holidays. Come and have some food with us! — April



 **To participate in routes you must sign up by NOON the business day before. We are not able to accommodate requests after this time. Ensure you are updating the board and communicating with staff!**

 **If you feel ill please stay home for the safety of ALL!**

Drop-In Staff

Drop In Team Lead

Anastacia Luckman 651-395-5763

Drop In Day Staff

Gary Johnson 651-365-8234

April Jopek 651-365-8204

Hannah Geere 612-286-7691

Betsy Vial 651-365-8225

Drop In Driver

Sameen 651-262-1439

Dave 651-262-1487



Drop-In Hours

Monday	10-4
Tuesday	10-4
Wednesday	10-4
Thursday	10-4
Friday	CLOSED*
Saturday	Closed
Sunday	Closed

Did you know: The Macy's Thanksgiving day parade used to feature live animals from the Central Park Zoo rather than balloons? It was also branded as a Christmas Parade to promote holiday shopping!