

THE GRAPEVINE NEWSLETTER

Vikingland CSP/ Douglas County Socialization Activity

Wed., April 1st, @2pm: Drop-In Center Advisory Council.

“Diamond Painting” every Thurs. @2pm: Come join your peers and try Diamond Painting!

Fri., April 3rd, @1pm: Easter Egg Hunt. No early open for the center.

Fri., April 3rd, @2pm: Pool, Cash for prizes! No cost for you!

Fri., April 10th, @ 12pm: “Sit & Paint” with Jenny. Come join Jenny for a relaxing hour of painting.

Fri., April 10th, @2pm: BINGO! Cash for prizes! No cost for you!

Mon., April 13th, @2pm: BINGO! Cash for prizes! No cost for you!

Tue., April 14th, @1pm: Unleash your inner artist at **Guided Painting with Brayden**, come let your Van Gogh flow and get creative in a fun, relaxed setting. No experience needed, just bring your imagination and enjoy the process! **Sign up is necessary for 12 people allotted per session.**

Tues., April 14th, @3pm: Switch Bowling. Cash for prizes! No cost for you! **NOTICE the change in time.**

Wed., April 15th, @1pm: Come join the Monthly Birthday Celebration. Everyone is welcome.

Wed., April 15th, @2pm: Kat’s Kraft’s at the Center.

Sat., April 18th, @1pm: Fact or Crap at the center.

Tues., April 21st, @12pm-1pm: NAMI Peer Connection Group. Bring a sack lunch.

Tue., April 21st, @1pm: Unleash your inner artist at **Guided Painting with Brayden**, come let your Van Gogh flow and get creative in a fun, relaxed setting. No experience needed, just bring your imagination and enjoy the process! **Sign up is necessary for 12 people allotted per session.**

Wed., April 22nd, @2pm: Name That Tune.

Fri., April 24th, @ 1pm: Coffee Talk w/Carmen—topic: “Spring cleaning your Mental Health”.

Sat., April 25th, @1pm: BINGO! Cash for prizes! No cost for you!

Tues., April 28th, @1pm: presentation by Rylen Schmitz, “The Power of U,” exploring the importance of positive affirmations.

Tues., April 28th, @2pm: Lego’s with Bill. Come join Bill as he illustrates ways to build Lego’s. We have a few small kits for you to build and keep. (one per person)

Tues., April 28th, @5pm: NAMI meeting at the Drop-in center.

Thurs., April 30th, @2pm: Chase the ACE at the center.



04/05 Courtney D. 04/05 Natasha S. 04/15 Michael B. 04/17 Melissa W. 04/24 Ashley H.

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Future Activities to Put on Your Calendar:



Friday April 3, 2026: Easter Egg hunt at the center. No early open.

Tuesday April 14th and 21st, 2026 @ 1pm: Guided painting with Brayden. 12 people per session and you can sign up for one of the days.

April 28th at 1 PM: a presentation by Rylen Schmitz, "The Power of U," exploring the importance of positive affirmations.

Diamond Painting: Held every Thursday at 2pm in the Drop-In-Center. Many have joined us and it's been fun to relax and discover how fun Diamond painting can be! Supplies are provided so come try it!

Check out our website @ www.vikinglandcsp.com

Come join us for a free cup of coffee during our Drop-In Center hours (1 pm – 5 pm Mon. – Fri & 12 pm – 4pm Sat.)

April **NO** Local Advisory Council at DCSS.

Friday MAY 15th, 2026, Mental Health Awareness Walk 11:30am - 1pm

Paint the Town Green 5/11/26 – 5/15/26

THE HEN'S NEST BY GALE PETERSON

"Stress free Energy"
12 oz of chicken soup will replenish fluids.

It contains amino acids like glycine and alanine that improve water osmosis.

Increasing water levels will give you energy. For a person weighing 150 pounds, take in up to 70 oz. of water daily.



Check out the Monthly Birthday celebration. Come help celebrate on 4/15/26 1pm at the Drop-in Center.

Pizza party had 30 consumers.

St. Patrick's Day had 15 consumers.

1st place trivia winner Sarah G.

2nd place trivia winner Jodi Z.

Best dressed winner, Kari M.

2026

CONVERSATIONS: Region 4 South Adult Mental Health hosts an advisory committee meeting where stakeholders made up of providers, consumers, and family members gather to discuss and work on improving the local mental health service needs. The purpose of the **CONVERSATIONS** initiative is to implement systemic change in the delivery of community-based mental health services for adults who have a serious and persistent mental illness. Region 4 South AMHC welcomes individuals to our **CONVERSATIONS** meetings; for more information please call **Christine Bradley** at (320) 815-7284 or email: christine.bradley@r4south.org

*Meetings are typically the 2nd Tuesday at 9:30 am in Hoffman, MN. *No Meetings* in: February, April, July, and October

EVERY DAY IS MENTAL HEALTH DAY!