



Community Support Program Newsletter



Martin Luther King Jr. Day

Every third Monday in January marks the observance of Dr. Martin Luther King Jr. Day. A day the nation honors the life, leadership, and courage of MLK Jr., and his profound contributions to the modern American Civil Rights Movement.

Dr. King envisioned a more diverse America, one in which all people could enjoy the full benefits of equality. His legacy reaches far beyond the Civil Rights Movement as his leadership, monumental actions, and steadfast progress gave momentum to inspire the ongoing fight for civil rights, equality, and justice for all. The CSP will be closed in observance of MLK Jr. Day.



Groups & Classes

COOKING WITH DIANE LIVE DEMOS

FEBRUARY | DATES TBD

Diane will be hosting live cooking demos to teach and inspire!

ART WITH JENNIFER

JANUARY 5, 12, 16, 23 | 1:30 p.m.

WELLNESS WEDNESDAY

JANUARY 7, 14, 21, 28 | 12:30 P.M.

MUSIC GROUP

JANUARY 6, 13, 20, 27 | 1 p.m.

BIRTHDAY BINGO

JANUARY 28 | 1:30 p.m.

January Birthday Buddies, this one is for you! Join the CSP Birthday Bash for a chance to win prizes and celebrate!

Happy Hobby Month!

Hop right into National Hobby Month by making time for what brings you joy! The holiday hustle is done, so it's a perfect moment to press pause by dusting off an old favorite or diving into something completely new!

Get your Craft Flair ready for 2026

Get ready to craft some magic – there's a Craft Fair coming to the CSP in December 2026. There is still sew much time to get started and hone your craft. All members are welcome to sell their crafts. It'll be an un-bead-lievable event!



Bring the Bling to Bingo!

The CSP is collecting new and gently used items to give away as prizes for upcoming bingo events and more. Your donations help make games more exciting and fun. If you're able, please consider contributing to help add some extra bling to our bingo games!

Dan speaks at Guild Ladder of Hope events

Happy Birthday to our members and staff celebrating January Birthdays!

A birthday poem for you:

January whispers, crisp
and clear,
Your day arrives, a time to
cheer!

While winter paints the
world in white,
You bring the color, bold
and bright.
New beginnings fill the air,
And you're the spark that's
always rare.

So raise a toast to dreams
anew

The year starts shining all
for you!

**Scan to Stay
Connected**



At this year's Ladder of Hope event, CSP member Dan delivered a powerful and heartfelt message that left the audience inspired. Dan began by sharing a truth many clients experience: "Before Guild, I didn't recognize I had a mental illness." For years, he believed his struggles were his fault. After quitting alcohol to care for his father, Dan realized something deeper was wrong. When his father passed away, his mental illness intensified, leading to weeks of inpatient care.

Dan's turning point came when Guild reached out and connected him to the Assertive Community Treatment (ACT) program. "The ACT team was a lifeline," he said. "They came to my home, helped with medications, housing, food, and paperwork. Through talk therapy and daily structure, I was able to heal."

Dan eventually found stability and recovery—and chose to give back. Today, he volunteers at Guild's Community Support Program (CSP), a space where members find connection and hope. "Guild gave me my life back. Now, I help others find theirs," he shared. Dan described CSP as more than a building—it's a community offering wellness groups, art classes, shared meals, and friendship.

Dan closed with a message of hope: "Guild gave me the tools to rebuild my life. Now, I get to be that person for someone else."



Cooking With Diane

On-the-Go Egg Bites



Total Time: 35 minutes
Prep: 10 min. Cooking: 25 min.
Yields: 12 Muffin-sized Egg Bites

Ingredients

Cooking Spray
8 Large Eggs
1 Cup of Cottage Cheese (4% or low-fat)
½ Cup of shredded Sharp Cheddar Cheese
¼ teaspoon of Salt
1 Pinch of Black Pepper
1 Bundle of Chives
*Additional mix-ins can be added based on preference (E.g bacon, spinach, or ham)

Cooking Utensils

12 Cup Muffin Pan, Mixing Bowls, Whisk, Cutting Boards, Knife, Oven

Directions

1. Lightly spray muffin pan with cooking spray. Preheat oven to 350°F.
2. Whisk together eggs, cottage cheese, cheddar, salt, and pepper until smooth. Finely chop Chives. (Note: Blender or Hand Mixer can be used instead.)
3. Pour the mixture into the cups of the muffin pan, filling each cup about half full. Sprinkle chopped chives into cups. (Any Additional mix-ins can be added at this step.)
4. Bake for 20 to 22 minutes or until muffins are slightly firm to the touch in the center.
5. Remove the muffin pan from the oven. Allow the egg bites to cool before removing.
6. Enjoy straight out of the pan or store for later!

Storage: Store in an air-tight container in a fridge for up to five days. To re-heat, place egg bites into the microwave for 15 seconds to enjoy.

Recipe originally by Jessie Shafer - The Real Food Dietitians



January 2026

Mon	Tue	Wed	Thu	Fri	Sat	Monthly Notes
			1 NEW YEAR'S DAY	2 CSP CLOSED	3 CLOSED	<p>CSP Open Hours: Monday 12 - 4, Tuesday 11-3, Wednesday 12-4, Thursday 11-3, and Friday 12-4</p> <p>Tours of the CSP are available on Monday and Friday afternoons. Call Diane for an appointment (651) 457-2248.</p> <p>Classes are subject to change: please call ahead to confirm.</p> <p>RSVP (651) 457-2248 on or after the 1st of the month.</p>
5 12:30 PM TED TALK 1:30 PM ART WITH JENNIFER	6 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	7 12:30 PM TED TALK 1 PM JOURNEY EMPLOYMENT 2 PM WELLNESS	8 11:30 AM MORNING MOTION 1PM TRIVIA	9 12:30 PM WHAT'S HAPPENING 1:30 PM GAMES	10 CLOSED	
12 12:30 PM TED TALK 1:30 PM ART WITH JENNIFER	13 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	14 12:30 PM TED TALK 1:30 PM WORD GAMES	15 12 PM LUNCH WITH FRIENDS	16 12:30 PM WHAT'S HAPPENING 1:30 PM ART WITH JENNIFER	17 CLOSED	
19 CLOSED MARTIN LUTHER KING JR. DAY	20 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	21 12:30 PM TED TALK 1:30 PM BAKING WITH SARAH	22 11:30 AM MORNING MOTION 1 PM STORIES WITH JIM	23 12:30 PM WHAT'S HAPPENING 1:30 PM ART WITH JENNIFER	24 CLOSED	
26 12:30 PM TED TALK 1:30 PM LAC MEETING	27 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	28 12:30 PM TED TALK 1:30 PM BIRTHDAY BINGO	29 12 PM LUNCH WITH FRIENDS	30 12:30 PM WHAT'S HAPPENING 1:30 PM GAMES	31 CLOSED	