

NOVEMBER 2021

Birthday's

| | |
|--------------|---------------|
| Pam B. | November 3rd |
| Cora M. | November 6th |
| Bryan P. | November 7th |
| Artis T. | November 9th |
| David J. | November 15th |
| Lawrence M. | November 17th |
| Syvilla M. | November 17th |
| Thomas S. | November 17th |
| Annette P. | November 21st |
| Linda S. | November 23rd |
| Santerra C. | November 26th |
| Clawdine | November 30th |
| Turquoise B. | November 30th |

Meet Benjamin



Meet Benjamin Krick a Mental Health Practitioner at the Northside Community Support Program. Benjamin has joined the team

at NCSP and is looking forward to getting to know the community. Benjamin has worked in the social services field for over 10 years and is motivated by working with people to help enrich their lives. Benjamin resides in Brooklyn Park with his wife Leah and son Xavier.

Events and Activities

NEW HOURS

Monday's:

10:00am – 2:00pm

Tuesday:

10:00am – 3:00pm

Wednesday:

11:00am – 3:00pm

Thursday:

10:00am – 2:00pm

GRIEF AND LOSS SUPPORT GROUP

Date: Monday's

Time: 12:30pm – 1:30pm

ARTABILITY OPEN STUDIO TIME

Date: Wednesday's

Time: 12:00pm – 2:00pm

POOL TOURNAMENT

Date: November 2, 2021

Time: 1:00pm – 3:00pm

WRITERS BLOCK

Date: November 9, 2021

Time: 1:00pm – 3:00pm

SPADES TOURNAMENT

Date: November 16, 2021

Time: 1:00pm – 3:00pm

COMMUNITY MEAL

Date: November 18, 2021

Time: 1:00pm – 3:00pm

BINGO

Date: November 23, 2021

Time: 1:00pm – 3:00pm

FREE THANKSGIVING MEAL ON THANKSGIVING DAY!

Don't spend
Thanksgiving alone!

Date: November 25, 2021

Time: 12:00pm – 3:00pm

Location: Fellowship Church
707 Commerce Drive
Woodbury, MN 55125

BIRTHDAY CELEBRATION

Date: November 30, 2021

WINTER IS COMING

Here is a list of free activities
to do year round



SCAN ME

NOVEMBER 2021

Meet Brian



Hi, my name is Brian Sager and I am excited to be joining the Northside Community Support Program as it's new Mental Health Therapist. I

have worked in mental health for the past twelve years in various roles. I have experience providing therapy at a previous community support program for adults experiencing symptoms of mental health and chemical dependency. In my free time, I like to spend time with my Siberian Husky Koda. We go on long strolls around the neighborhood, and go to the occasional dog park. I also enjoy going to baseball games and concerts with friends.

I look forward to meeting all of you! Please stop by my office if you would like to chat more about scheduling individual meetings with me, or have any ideas for groups!

Meet Keshawn



Hello, my name is Keshawn Sutton. I'm pursuing a degree in social work. I have a passion for working directly with people. I enjoy seeing others

succeed. Everyday is a new day for an opportunity to do better and have hope.

Recipe

SOUTHERN BLACK-EYED PEA SALAD (eatingwell.com)

Ingredients:

- 2 tablespoons cooking oil
- 4 small yellow summer squash, quartered lengthwise and thinly sliced (about 4 cups)
- 2 to 4 fresh jalapeno peppers, seeded, if desired, and chopped
- 4 cloves garlic, minced
- 1 teaspoon cumin seeds, crushed
- 2 (15 ounce) cans black-eyed peas, rinsed and drained
- ¼ cup sliced green onions
- 2 tablespoons snipped fresh cilantro or parsley
- ½ teaspoon salt
- 2 cups chopped tomatoes



Instructions:

1. In a large skillet, heat oil over medium heat. Add squash, peppers, garlic, and cumin; cook for 5 to 6 minutes or until squash is crisp-tender, stirring occasionally. Remove from heat; cool.
2. In a large bowl, combine squash mixture, black-eyed peas, green onions, cilantro, and salt. Cover and chill until serving time.
3. To serve, toss pea mixture with tomato.