

BEECHWOOD, INC.

SUMMER 2023

WHAT'S NEW:



June Groups
Schedule



Client Art &
Spotlight



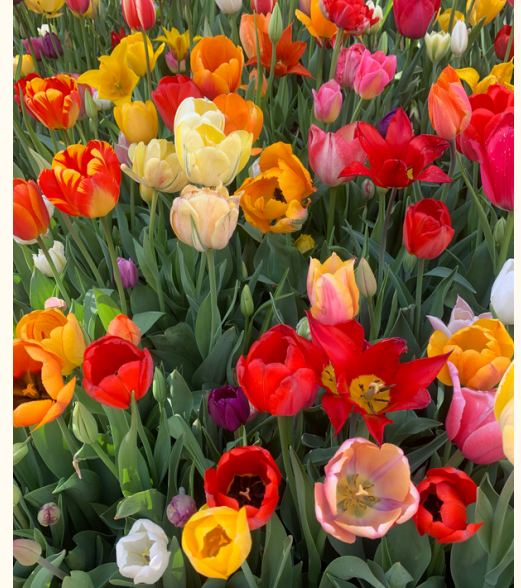
Meet Our
Therapists



Mindfulness
Practice



Word Search
Game



June Groups Schedule

Contact your practitioner or Sunita to join:
sunita.khosa@beechwoodinc.org

(651) 504-4890

Stay tuned for July and August schedules!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2 Twin's Game Game Time 7:10p Target Field	3
4	5 Card Games 1p-3p Beechwood Office 310 E 38th St., Minneapolis	6 Movie Matinee (\$5) Spiderman: Across the Spideverse 12:45p-3:45p Riverview Theater 3800 42nd Ave, Minneapolis	7 Arts and Crafts 1p-3p Beechwood Office 310 E 38th St., Minneapolis	8 Nature Walk 9:30a-11a Eloise Butler Butterfly Sanctuary 1 Theodore Wirth Pkwy, Minneapolis	9 Coffee Group 9:30a-11a Dunn Brothers 329 W 15th St, Minneapolis	10
11	12	13 Bingo (w/ IHST) 3p-4:30p Beechwood Office 310 E 38th St., Minneapolis	14	15 Como Zoo 12:30p-3p 1225 Estabrook Drive, Saint Paul	16 Walk and Stretch 10a-11:30a Location TBD	17
18	19 Twin's Game w/ Sunita and Jacob Game Time 6:40p Target Field	20	21 Arts and Crafts 1p-3p Beechwood Office 310 E 38th St., Minneapolis	22 Nature Walk 9:30a-11a Eloise Butler Butterfly Sanctuary 1 Theodore Wirth Pkwy, Minneapolis	23 Card Games 10a-12p Beechwood Office, 310 E 38th St., Minneapolis	24
25	26	27 Client Social Group (w/ IHST) 3p-4:30p Beechwood Office 310 E 38th St., Minneapolis	28 Yard Games 1p-3p Anam Cara 3612 Bloomington Ave, Minneapolis	29 Sculpture Garden 2p-3:30p Walker Art Museum 725 Vineland Place, Minneapolis	30 Walk and Stretch 10a-11:30a Location TBD	1



Client Spotlight:

Monica W.

Monica is a BeechWood client and a creative artist! She shared her thoughts with her ARMHS practitioner in the interview below.



Kaitlin: How long have you been making art?

Monica: I would say since I was a kid.

K: What inspires you to create your artwork?

M: Seeing things I like. I like a variety of things. Drawing pictures of people, like portraits. I take photos of roundabouts, like with flowers and bushes, rocks. I like beading, like making necklaces. I work with clay, I've made roundabouts with clay stones.

K: What does creativity mean to you?

M: My mom was an artist, she made drawings and paintings.

K: How does your art help you?

M: It's fun. Doing artwork releases stress.



Meet our therapists!

We're now offering individual therapy.
To schedule an appointment, visit our website or contact
therapy@beechwood.org



Diana, LPCC



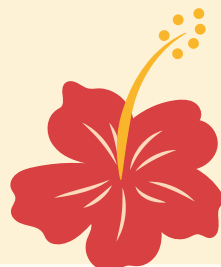
Scott, LPCC

"My goal is to work with you to develop your potential and transform whatever may be getting in the way of you living the most fulfilling and meaningful life possible. I offer a safe and compassionate environment in support of your healing and transformation."

"We are human beings and imperfect, but that is the beauty of being human. I aim to work with motivated people to overcome the barriers they encounter. I look to build solid relationships with my clients and walk with people on their journey."

BeechWood News

We're hiring ARMHS and IHST Specialists!
To apply, please email your resume and cover letter to:
sheng.veng@beechwoodinc.org



Summer Word Search

R	U	O	U	T	D	O	O	R	S	N	W	P	N
Y	E	L	A	S	R	C	K	O	K	K	W	S	S
U	U	S	U	N	G	L	A	S	S	E	S	K	K
S	H	A	T	A	K	E	Y	E	O	N	A	K	K
U	U	R	U	P	Y	R	A	Y	K	S	R	I	R
A	E	N	T	W	A	L	K	U	S	A	E	Y	L
S	A	J	S	H	E	W	S	R	P	D	E	A	C
U	K	C	A	H	J	R	C	I	N	C	I	P	R
M	D	L	O	A	I	C	O	O	L	S	R	I	E
M	R	Y	I	Y	L	N	Y	O	N	A	S	R	O
E	O	U	E	A	E	O	E	N	W	S	E	Y	K
R	G	T	A	L	J	N	S	S	L	A	K	E	S
M	K	A	U	P	P	B	R	E	A	T	H	E	E
R	U	H	T	M	R	A	W	N	L	T	O	O	L

KAYAK
 SUNSHINE
 WARMTH
 BREATHE
 COOL
 JOY
 LAKES
 WALK
 PLAY
 PARK
 SUNGLASSES
 SUMMER
 PICNIC
 OUTDOORS



BeechWood, Inc.
 310 E. 38th Street, Suite 322
 Minneapolis, MN 55409

