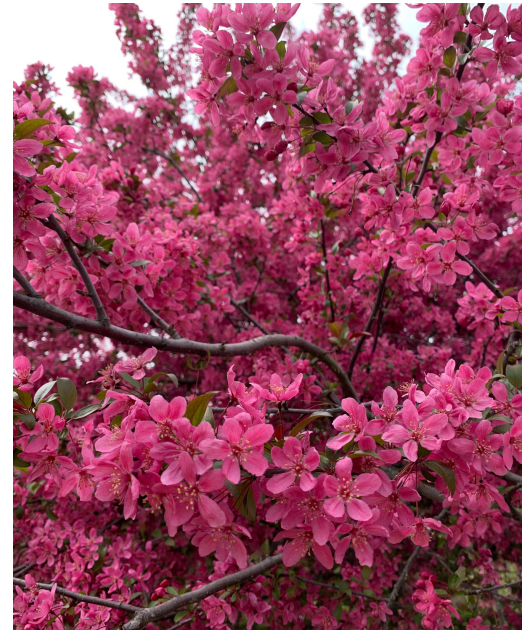
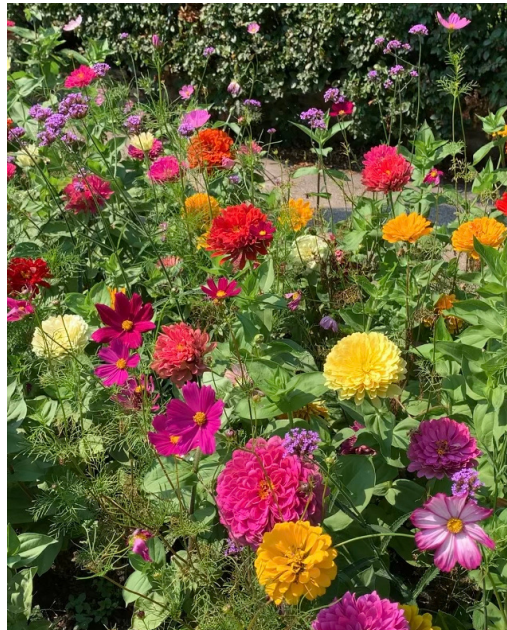


SPRING
2023

BeechWood Inc.



Upcoming Group Schedules

MONTHLY BINGO

Facilitated by Shelli O'Brien
at Sabathani Community Center
3/14, 4/11 from 3-4:30P
Join for Bingo and pie!

SOCIAL GROUP

Facilitated by Shelli O'Brien
at Sabathani Community Center
3/28, 4/25 from 3-4:30P
Come play Dungeons & Dragons!

ARMHS COFFEE & TEA GROUP

Facilitated by Sunita Khosa
at Dunn Brothers Coffee
329 W. 15th St, Mpls, MN, 55403
3/10, 4/14, 5/12 from 9:30-11:30A
Meet us for free coffee, support, and
socialization!

ARMHS CRAFT GROUP

Facilitated by Sunita Khosa
at Sabathani Community Center
3/21 from 2-4P
Express yourself, supplies provided!

What's New:

Group Schedules



Client Poetry Spotlight



Meet the ARMHS Interns



BeechWood News



Mindfulness Practice

Client Spotlight: Laquisha Kirkwood

Congratulations to BeechWood IHST client, Laquisha, on publishing her first poetry book! Laquisha shares with us about her poetry here.

How long have you been writing poetry?

Ever since I was in eighth grade. Anything that's bothering me, anything that's on my mind, that's how I get it out instead of being frustrated, sad, or irritated – I just get it out. Whether I'm happy or angry, I just get it out.

What inspired you to write a book?

I was homeless for 5 years due to unfortunate circumstances, and I was going through all kinds of stuff. "When it rains it pours" that's how it was, either I was gonna deal with the situation or the situation was gonna deal with me. So I chose to write about it. There's some funny poems, some are about love, some are about God, some are about family, and relationships.

What advice would you give to someone reading this?

I encourage people to find an outlet, whether it's through poetry, art, or what ever they like to do. Anything is possible if you really want to do it, put your mind to it.

Where can we buy your book?

Laquisha's Poetry Book is available on Etsy: <https://rb.gy/h3qrg7>

Never Give Up

Never give up cause if you do,
You're committing a sin,
That's just like letting Satan win.
Fight for what you believe in,
And know on God you can
always depend.
Never give up, fight to the end.
Hold your head up and look up
Trust and believe God is always
There to take you in.

Laquisha Kirkwood



Kaitlin Ramsey

Meet the ARMHS Interns!

*Kaitlin and Megan are MSW Candidates
at the University of Minnesota,
Twin Cities*



Megan King

"It's wild to consider that I've crested the hill of my first internship year and I'm on the downward slope. It's hard to put into words what I'll most carry with me from BeechWood, because first and foremost it's a feeling in my body. I guess I'd describe it as the synergy when I'm sitting with someone and I can feel that we're in the flow. That the time and effort they've put into meeting their goals is showing rewards. It's an exhilarating feeling, and I'll be looking for it in my therapeutic practice in the future."

"I am so grateful that I was placed with BeechWood for my first year MSW practicum. I have learned so much about the value of community, person-centered-practice, and Acceptance & Commitment Therapy that I will bring with me to my future practice. The time I've spent with BeechWood ARMHS clients so far has been incredible – our community is made of hard-working, amazing people."

Therapy Program

BeechWood, Inc. has nearly 20 years of experience with community-based services. As a provider of ARMHS and IHST services, we are excited to announce that we are expanding our range of services to include Mental Health Therapy. We can provide individual therapy online or at our offices at Sabathani Community Center. Our therapists have experience working with people who have Severe and Persistent Mental Illnesses and Addictions. Some of our therapists specialize in Acceptance and Commitment Therapy, Person-Centered Counseling, Positive Psychology, and Drama Therapy.

Contact jennifer.paige@beechwoodinc.org if you're interested!

Hiring IHST and ARMHS Specialists

To apply to any open positions, please email your resume and cover letter to sheng.veng@beechwoodinc.org!

Mindfulness Practice

C.O.A.L.

When we're feeling overwhelmed, it can be difficult to cope with our feelings and emotions. C.O.A.L. warms experiences of inner reflection with a sense of kindness, patience, self-compassion, and positive regard towards the self and others. Redirect attention to C.O.A.L. lovingly and gently.

C – be **curious** about what is happening. What are you feeling in your body, and in your heart? What emotions are you sensing?

O – be **open** to what's going on. Let your feelings pass without adding judgement.

A – **accept** that this is the present moment. What you are feeling right now will pass.

L – have a **loving** stance towards yourself in this moment.

[illegible]

The roots of this tree symbolize **integrity**: what do I stand for?

What are my beliefs and values? Do my actions align with my values?

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