BEECHWOOD NEWSLETTER

FALL 2025

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BeechWood Groups 2025 September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BW @ Twins Game at 1:10pm (LABOR DAY)	2	3	4	5 Bingo 12p-2p	6
7	8 Fishing 9a-10:30a	9	10	11	12	13
14	15	16	17	18 Crochet/Knitting 11a-12:30p	19 Coffee Chat 9:30a-11:30a	20
21	22	23	24 Crafts/ Coloring 1:30p-3:30p	25	26	27 NAMI Walks
28	29 Fishing 9a-10:30a	30				

Please contact your Practitioner for a copy of September 2025 Groups Calendar.

Subscribe to our newsletters at www.beechwoodinc.org

310 E. 38TH ST., SUITE 322
MINNEAPOLIS, MN 55409

Fall Newsletter

2025

BEECHWOOD IN ACTION

AUGUST 2025

BEECHWOOD X STATE FAIR

BeechWood community members had a wonderful time experiencing the Minnesota State Fair together this year!

MINNESOTA STATE FAIR

THANK YOU MN STATE FAIR!

From tasty treats on a stick to exploring the exhibits and cheering at the Grandstand, the day was filled with laughter, connection, and new memories. It was more than just a trip to the fair. It was a chance for clients, staff, and friends of BeechWood to spend time together in community. Thank you to everyone who joined us and helped make this year's BeechWood x State Fair experience such a success. We can't wait to do it again next year!

Keep Up With Us ⟶

www.beechwoodinc.org

COMMUNITY NEWS

Believe healing happens in community. ARMHS and Therapy are more than services. They're pathways to hope, healing, and growth. We create space for connection, encouragement, and resilience, walking alongside individuals as they build skills, celebrate progress, and discover what's possible for their future. No one has to walk their journey alone.

Fall 2025 ARMHS Service's Waiting List...

Now O-P-E-N !

ARMHS Service

BeechWood is now accepting referrals for the Fall 2025 waiting list for our Adult Rehabilitative Mental Health Services (ARMHS) program.

ARMHS supports adults living with mental health challenges in building skills for independence, wellness, and daily living.

Services may include:

- Coping skills and stress management
- Support with community integration
- Independent living skills (budgeting, cooking, transportation, etc.)
- Goal setting and recovery planning

If you or someone you know may benefit from ARMHS, please reach out to be added to the waiting list:
📞 612-824-0415
✉️ sheng.vang@beechwoodinc.org
🌐 www.beechwoodinc.org/armhs

Therapy

We offer individual, couples, and family therapy to support mental health, healing, and personal growth. New referrals always welcome!

If you or someone you know could benefit from therapy:
📞 612-770-7503
🌐 www.beechwoodinc.org/therapy

SPOTLIGHT

BeechWood Wrapping Up Summer 2025 With The Twins!

We are grateful to the Minnesota Twins for making these experiences possible and for opening the ballpark as a place where our community can come together.

As Summer winds down and the cooler days of Fall begin to roll in, our ARMHS program had the perfect send-off with a final game at Target Field! Clients and Staff came together to cheer on the Minnesota Twins, soaking in the energy of the ballpark and the spirit of community that makes these outings so meaningful.

For many, it wasn't just about baseball. It was about connection, laughter, and enjoying the last moments of summer sunshine together.

Experiences like these highlight the importance of creating space for joy and shared memories outside of everyday routines.

As we turn the page to fall, we carry forward the excitement of the season, grateful for the smiles, stories, and camaraderie that filled the stands at our Twins game. Here's to a new season of growth and connection ahead!

Self-care September calendar courtesy of Action For Happiness: → https://actionforhappiness.org

Resources: September is For Suicide Prevention Month! → https://www.nami.org/get-involved/awareness-events/suicide-prevention-month/#crisis-resources

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