

Adult Drop-in Center

The **Adult Drop-in Center** is for individuals 18 years of age or older who are living with Mental Illness.

The Drop-in Center provides a place for individuals to come and spend time with peers in planned activities and groups. Our staff is also available to assist with connecting to resources and services.

The Drop-in Center is designed to seek and improve independent living skills, promote integration into the community and encourage healthy psychological functioning. Various activities and classes are planned on a monthly basis.

Some of these include:

- *Illness Management & Recovery classes (IMR)*
- *Art classes*
- *Nutrition & Wellness Classes*
 - *Bingo*
 - *Cribbage*
 - *Crafts*
 - *Movies*
 - *Cooking*

as well as other activities planned by participants.



Lighthouse
Child & Family Services

www.lighthousecfs.com

phone: 320-983-2335 • fax: 651-342-8029
160th 3rd Ave. NW • Milaca, MN 56353

Adult Drop-in Center

The Drop-in Center will be open 5 days
a week from 9:00 a.m. - 4:00 p.m.
at the locations below:

Mondays: Mora

*Grace Lutheran Church,
301 Forest Ave E., Mora, MN 55051*

Tuesdays: Milaca

*Trinity Lutheran Church,
735 2nd St SE., Milaca, MN 56353*

Wednesdays: North Branch

*Main Street Church,
6500 Main St, North Branch, MN 55056*

Thursdays: Cambridge

*Common Ground United Methodist Church,
404 Cypress St N, Cambridge, MN 55008*

Fridays: Pine City

*Our Redeemer Lutheran Church,
825 Golf Ave SW, Pine City, MN 55063*

**Please call or stop in at one of our
locations! (320)-362-4343**

Funded by the region 7E adult mental health initiative.

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