

The Bridge Connection

October 2026

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

COORDINATOR'S CORNER

October provides an important opportunity to recognize the value of mental health and encourage open conversations about emotional well-being. While Mental Health Awareness Month is officially observed in May in the United States, October is also a significant month for mental health awareness, including World Mental Health Day on October 10 and other efforts focused on reducing stigma and increasing understanding of mental health.

Mental health is an essential part of overall health. It affects how we think, feel, behave, handle stress, build relationships, and navigate everyday challenges. Just as we take care of our physical health, it is important to take care of our mental and emotional well-being.

One of the most important reasons for raising mental health awareness is to reduce stigma. Many people experiencing anxiety, depression, stress, or other mental health challenges may hesitate to talk about what they are going through because they fear being judged or misunderstood. Creating an environment where people feel safe speaking openly can help individuals recognize that asking for help is not a sign of weakness, it is a sign of strength and self-awareness.

Mental health awareness also helps people recognize the signs that someone may be struggling. Changes in mood, behavior, sleep, appetite, social interaction, or the ability to manage daily responsibilities can sometimes indicate that a person needs additional support. Being willing to listen, show compassion, and encourage someone to seek professional help can make a meaningful difference.

October is also a reminder that mental health should be discussed throughout the entire year, not only during awareness campaigns. Simple actions such as checking in with friends and family, making time for rest, setting healthy boundaries, staying connected with others, and reaching out for professional support when needed can all contribute to better mental well-being.

Most importantly, mental health awareness reminds us that no one should have to struggle alone. Every person deserves understanding, compassion, and access to support. By talking openly about mental health, educating ourselves, and looking out for one another, we can help create communities where seeking help is encouraged and everyone feels valued.

This October, let us make mental health a priority. Start a conversation, listen without judgment, support those who may be struggling, and remember that taking care of your mental health is an important part of taking care of yourself.

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Saturday Attendance

Call the
coordinator's office
507-233-6880
before noon on
Friday

If you call after hours or
Sat AM, Call the
Weekend Cell number
507-766-9461
for staff to pick you up.



Are you a BOC member?

Would you like to use areas of the New
Ulm Rec Center like the pool, weights or
the machines?

Would you like to find out if you'd use
your own annual membership?

**Make arrangements with
Jackie to use the BOC pass!**

NATIONAL SUICIDE PREVENTION HOTLINE

988

CALL OR TEXT

MN Warm Line
Peer Support Connection
Call or Text: 844-739-6369



Laundry Love is a national initiative that offers use of
washers and dryers to people in need. It is held the 4th
Tuesday of each month at Maytag laundry New Ulm from
11-3 and Sleepy Eye laundromat from 3-4 pm

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Local Advisory Council/ Mental Health Wellness & Action Team

LAC began meeting jointly with MHWAT in January 2026. MHWAT is a joint committee of Human Services, Public Health, and Heart of New Ulm to promote mental health awareness and education across Brown County. **MHWAT/LAC meets monthly on the first Wednesday of every month at 2pm in the New Ulm Room located in the Community Services Building.** All LAC Members are welcome to be part of these monthly meetings and projects to increase mental health awareness and education in Brown County.

Please reach out to Baylee at 507-233-6884 or Stephanie at 507-359-6534 with any questions.

Our next meeting is:

October 7th, 2026, at 2pm

New Ulm Conference Room | 1117 Center St. New Ulm



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October Word Search

OCTOBER WORD SEARCH

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

GHOST
CORNSTALK
TREAT
SCARECROW
PUMPKIN
HAUNTED HOUSE
SUNFLOWER
COSTUME
FOOTBALL
SPIDER

AUTUMN
HARVEST
TRICK
VAMPIRE
ACORN
YELLOW
BONFIRE
WITCH
HAYRIDE
WINDY

CAULDRON
HALLOWEEN
BAT
RAKE
CHESTNUTS
APPLES
CANDY CORN
ORANGE
HEDGEHOG
RED



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**MENTAL HEALTH
AWARENESS**

Walk

A walk to break stigma
& raise awareness

 Tuesday, October 6

 12:30 pm - 2:00 pm

 Minnesota Square Park Pavilion
1000 S. Minnesota Ave. St. Peter

 All are welcome!

Speakers:

- Local Mental Health Providers
- Clubhouse members sharing their recovery stories

 We encourage you to bring signs/wear clothing
that shows support for mental health

 **NICOLLET**
EST. COUNTY 1853

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Free Activities include:

Bingo

Open Hours/Walking

NU Roots haircuts

Games & Goodies

Morning Joe

Puzzles & Games

Blend & Bloom

10 Co Halloween Gathering

Switch Bowling/Bowling

"Best Buds"

Merry Makers

Spooktacular Time

Oct 5: Birthday Bash and lunch from 11-3. There is a \$1 donation for the meal. Come celebrate your birthday or a friends.

Oct 6: Lighthouse on Marshall Mental Health walk and DQ lunch in St Peter. Pick up at 10 am. You will need money for lunch. See insert for details.

Oct 8: Grocery Gang/ Open Hours. Pick up at 1pm. You may choose to shop at Cash Wise, Aldi, or Walmart. You will need money for any purchases made. Please plan to carry own groceries and feel free to bring reusable shopping bags if you would like.

Oct 9: Thriftmas Shopping and lunch. Pick up at 10:30 am. You will need money for lunch and any purchases made. Thriftmas shopping is finding unique, affordable Christmas gifts at thrift stores. It's a fun way to save money, shop sustainably and give thoughtful gifts.

Oct 12: Jim's Apple Barn and Ruby's for lunch. Pick up at 10 am. You will need money for lunch and any purchases made. Jim's Apple Barn is also known as "Minnesota's Largest Candy Store" is a family owned and operated business with a rich history for spanning over 40 years. It has built a reputation for itself by providing customers with an unmatched assortment of candy and local products ranging from delightful nostalgic sweets to freshly baked pies and strudels.

Oct 13: NU Roots haircuts. Pick up at 8:30am. Bridge on Center will pay for a haircut, facial shave or facial wax.

Oct 15: Games and Goodies with "Meaningful Connections Clubhouse". Pick up at 1pm. Come enjoy an afternoon of snacks, fun and games with friends from LeSueur County.

Oct 16: Laura Ingalls Wilder Museum and lunch. Pick up at 9:30 am. You will need money for lunch. Bridge on Center will pay the admission fee to museum. The Museum includes 7 exhibit buildings plus the old Walnut Grove jail cell. Our museum is home to several of Laura's belongings plus an original letter.

Oct 19: Shopping and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and any purchases made.

Oct 21: Clubhouse Clean up and Chow down from 11-3. There is a \$1 donation for the meal. All members attending will be expected to do some extra deep cleaning in the clubhouse, along with cleaning up after the meal. This is a great way to invest in and take pride of your Clubhouse.

Oct 23: Merry Makers at the Clubhouse from 1-4. Join Merry Makers for a fun, creative time making handmade holiday gifts to keep or share with family and friends. No experience needed, just bring your holiday spirit and enjoy creating something special.

Oct 29: 10 County Halloween Gathering and lunch. Pick up at 9:30 am. See insert for details.

Oct 30: Spooktacular Time at the Clubhouse from 1-4. Come enjoy a fun, exciting and slightly spooky celebration with friends at the Clubhouse. There will be a costume contest, games and prizes. You may choose to bring treats to share with others, but it is not a requirement.

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ACTIVITY CALENDAR

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1-3 Switch Bowling and Games Claire	2 1-4 Park Playoffs Flandrau	3 8-12 Open Hours Angie
5 11-3 Birthday Bash and lunch	6 10 PU Lighthouse on Marshall MH Walk and DQ lunch	7 1-3 DYOT	8 1-4 Grocery Gang Open Hours	9 10 :30 PU Thriftmas Shopping	10 8-12 Open Hours Geri
12 10 PU Jim's Apple Barn Ruby's lunch	13 8:30 PU NU Roots haircuts	14 1-3 Bingo	15 1-3 Games and Goodies with Meaningful Connections	16 9:30 PU Laura Ingalls Wilder Museum	17 8-12 Pearl Art Angie
19 10:30 PU Shopping and lunch in Mankato	20 9-11 Walking Open Hours	21 11-3 Clubhouse Clean Up and Chow Down	22 1-4 Grocery Gang Open Hours	23 1-4 Merry Makers	24 8-12 Baking Amanda
26 1-3 Puzzles & Games	27 9-11 Morning Joe	28 1-3 Best Buds Taste Testing Mac-n-cheese	29 9:30 PU 10 County Halloween Gathering	30 1-4 Spooktacular time at BOC	31 8-12 Canvas Painting Angie

Jackie: 233-6880 Weekend Cell: 766-9461

Mental Health Staff	
Claire.....233-6851	Baylee.....233-6884
Emily.....233-6850	Christie.....359-6559
Julie.....359-6591	Stephanie.....359-6534
Kelsey.....359-6662	Ashley.....359-6536