

CVT'S NEWSLETTER

December, 2025



COMMUNITY RESOURCES:

Monthly Highlight: [The Holiday Season](#)

- The Salvation Army Angel Tree Application for Christmas Assistance, click [here](#)
- Salvation Army – Brighten the Holidays click [here](#)
- Adopt A family Angels, click [here](#)
- USPS Operation Santa, click [here](#)
- Toys for Tots, click [here](#)

UPCOMING DATES

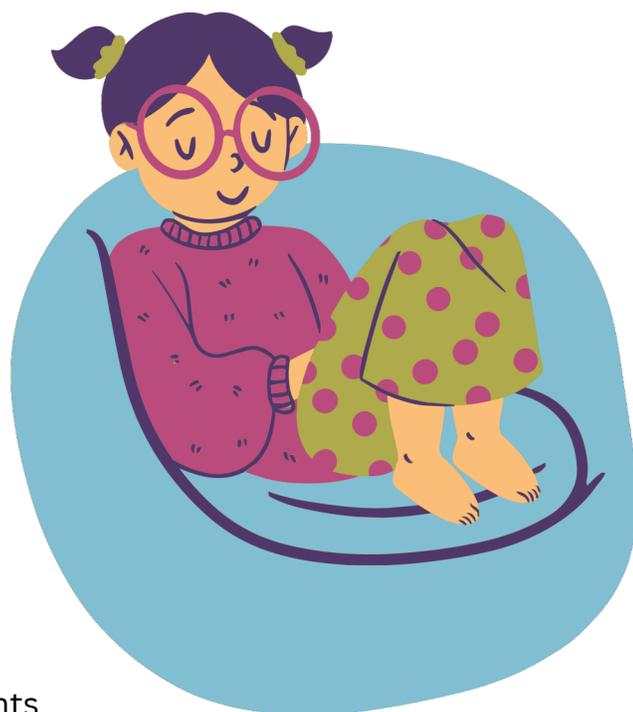
- **Queernections (LGBTQIA+ Support Group):**
 - Wednesday December 3rd
 - 4-5:30pm
- **Winter Party (CVT event):**
 - Wednesday December 10th
 - 10am- 1pm
- **Dates CVT will be closed**
 - **Monday, December 22nd**
 - **Tuesday, December 23rd**
 - **Wednesday, December 24th**
 - **Thursday, December 25th**
 - **Friday, December 26th**
 - **Thursday, January 1st**
 - **Friday January 2nd:** Limited Zoom Appointments Available

COPING SKILL OF THE MONTH: **GROUNDING**

[The 5-4-3-2-1 Method](#)

- 5 things you can **SEE**
- 4 things you can **TOUCH**
- 3 things you can **HEAR**
- 2 things you can **SMELL**
- 1 thing you can **TASTE**

Grounding through sensory anchoring gently **shifts focus away from anxious thoughts** and back to your physical environment, helping your nervous system settle and **creating a sense of control and calm.**



Navigating Minnesota Winter

Winter can be very cold, snowy, and windy. Here are simple tips to help you stay safe and know what to expect.

How cold can it get in Minnesota?

Typical winter temperatures:

- Often below 32°F (0°C);
- Typical daily lows: 0–20°F (-17 to -6°C)

Wind Chill “Feels Like” Temperature

- **Wind can make the air feel much colder** than the actual temperature.
- With wind, it can feel like -20°F (-29°C) to -40°F (-40°C) or even colder.
- **Wind chill can be dangerous if skin is not covered.**



Dress in Layers

- **Inside layer:** T-shirt or long underwear
- **Middle layer:** Sweater or warm shirt
- **Outside layer:** Winter coat, hat gloves or mittens, scarf, warm socks, and/or boots

Be Careful with Travel

Snow and ice can make roads slippery.

- **Walk slowly** on sidewalks.
- **Allow extra time** to get places. If you drive, keep blankets and water in your car.
- **Buses and trains** still run in winter, but **sometimes they are slower.**