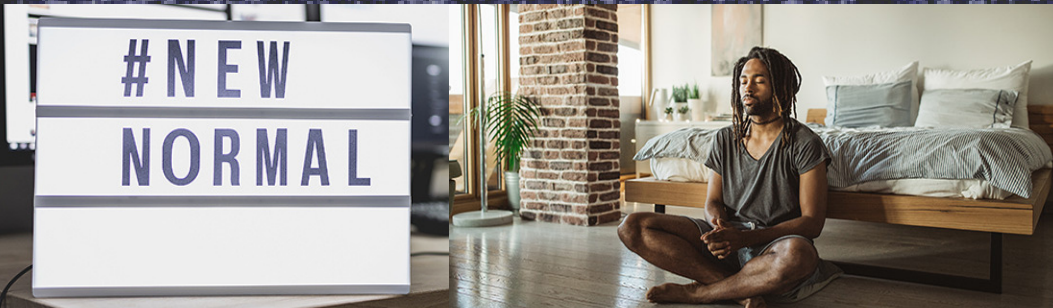




Monthly Newsletter

“Mental health...is not a destination, but a process. It’s about how you drive, not where you’re going.” – Noam Shpancer, PhD



A NEW NORM

During the holidays, especially Christmas and New Years, it can become extremely easy to let your guards down and forget we are in a pandemic. We are encouraging everyone to be mindful of their surroundings and to keep their masks on while others.

RELIEVE STRESS AT HOME:

Ways to relieve stress at home:

- Sit in the sun
- Mediate
- Take a Bath
- Write a Journal
- Listen to a podcast
- DIY Project

UP COMING EVENTS

- Annual Coat Drive
- Care Packages for our clients

DIAGNOSIS OF THE MONTH: SCHIZOPHRENIA

Schizophrenia is a disorder that affects a person's ability to think, feel, and behave clearly.

People with schizophrenia may seem like they have lost touch with reality, which causes significant distress for the individual, their family members, and friends. If left untreated, the symptoms of schizophrenia can be persistent and disabling.

