



## Monthly Newsletter

• “One small crack does not mean that you are broken, it means that you were put to the test and you didn't fall apart.” — Linda Poindexter.



more to come...

### SUPPORT:

February, in particular, Valentine's Day can be a difficult time for many. It can be a day where the feeling of loneliness is magnified. If you know someone who may be feeling alone or maybe having a rough time, please take a moment to check in on them, and provide support in any way you can.

### COMMUNITY PROGRAMMING:

Dynamic Healthcare continues to provide services for the Poppleton community, We recently facilitated another thrifting drive which was a huge success. DHC is actively working with various communities to provide services for their residents.

### THINGS TO COME:

- Seniors Program
  - Safe Haven Project
  - Fashion Show
  - Battle Of The Band
- To stay updated on upcoming programs please subscribe to [Dynamichealthcares.com](http://Dynamichealthcares.com)

## MENTAL HEALTH IN THE BLACK COMMUNITY

February is Black History Month, a time we are all encouraged to take a pause to remember and celebrate the many contributions African Americans have provided. Within the last couple of years, Mental Health has been more of a talking point among the African American community, allowing for open dialogue between those suffering from mental health, those who want to be a support system, and those who simply want to learn more. With more dialogue happening around Mental Health, there is a need for more solutions and resources. Dynamic Healthcare aims to be a valued resource for the community. Please visit [Dynamichealthcares.com](http://Dynamichealthcares.com) for more info.

