



NEWSLETTER



Mental Health is Health



Spring Cleaning and Your Mental Health



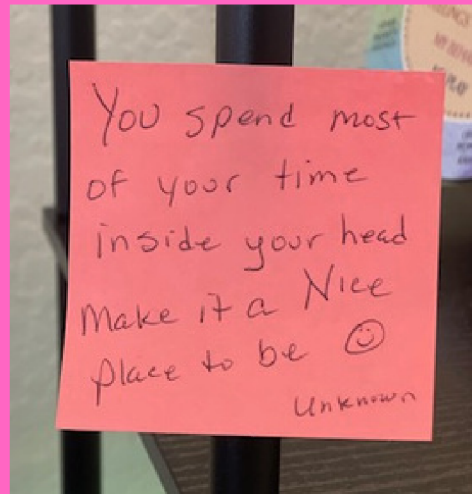
Spring cleaning isn't merely about dusting shelves; it's a holistic reset for the mind.

Tidying up spaces declutters mental cobwebs, relieving stress and fostering a sense of orderliness. Sorting through belongings can symbolize letting go of the past, promoting emotional healing and growth. As we refresh our surroundings, we rejuvenate our mental state, welcoming a renewed sense of clarity, productivity, and well-being, aligning ourselves with the freshness of the season.

April showers bring May flowers...

The saying "April showers bring May flowers" suggests that perseverance through difficult times can lead to better outcomes. It symbolizes hope, patience, and renewal. Just as rain nourishes the earth, challenges can lead to growth and beauty. It's a reminder to endure hardships, knowing that brighter days lie ahead.

Bonnie's Note



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@TwinRiversPathways



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We can help you make **CALM** out of **CHAOS**...
Why not give us call!

#TwinRiversPathways
#LifeImprovementProgram

Did You Know?

Lunch & Learn
Last Wednesday of every month at 1 pm

Join us for networking, resources, and lunch!

Get to know the professionals who service our community. Bring your behavioral health questions.

Contact us today to reserve your spot!

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- April 1st is April Fool's Day
- April 2nd is Autism Awareness Day
- April 7th is World Health Day
- April 11th is National Pet Day
- April is BIPOC Health Month
- April is Sexual Assault Awareness and Prevention Month
- April is Alcohol Awareness Month



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