

# NEWS LETTER

March 2023



CENTER FOR  
**H&PE**  
HEALING

*Be your best self!*

Happiness



INTERNATIONAL DAY  
OF HAPPINESS  
20 MARCH

Joy



Hope



# CREATIVE HEALING

Join us March 9th, 2023 at 6-8PM



## Calling all Adult Clients!

Offered by John Davis Local artist and Art Director at Milton Hershey School and Sarah Mathes, ATRP

Art background is not required, this group is focused on the therapeutic element of using creative expression for healing. We do not focus on the final product as a "masterpiece" but rather, we are coming together, supporting one another in the process of personal growth and healing art.

Please come join us!!!!!!!

Sign up preferred, please see Nia or Areana for sign ups

## THEME FOR MARCH ART THERAPY GROUP

Nourishing yourself  
in a way that helps  
you blossom in the  
direction you want to  
go is attainable, and  
you are worth the  
effort- Deborah Day



# GOTTA GLO



Andrea

[andrealandis06@yahoo.com](mailto:andrealandis06@yahoo.com)

Offering free hair cuts for  
clients

- Females
- Males
- Kids

HAIR CUTS



HAIR COLOR

DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU FOR.

# WHATS GOING ON THIS MONTH



## STRONGER TOGETHER

*March 26th at 1pm at the Center for Hope and Healing, "Stronger Together" is a client driven progressive task force that will meet monthly to help further evolve services for clients at the Center. We are looking for 9 clients to be a part of this client driven task force. If you are able to commit to this effort, please include why you would like to join this task force by emailing - TShearer@c4hh.com*

## CRAFTY CLIENTS CORNER

Introducing a corner where items crafted by clients are being sold. Are you artsy and looking to sell merchandise? All purchases go directly to the talented clients who made the art. Please see Nia or Areana for more information.



DONATE CLOTHES

## DONATIONS

*Spring is a time for spring cleaning. We are asking for spring and or winter clothes specifically size 10 for a 10 year old boy, as well as household items like cups, silverware, and pots. We ask you to hold onto summer items until it is warmer outside. Please bring donations to Nia or Areana at the front desk.*







## T2T

*By: Toni Shearer Owner/Director, LPC, CCTP, CATP, CJSOTS and Rebecca Singer LPC, CCTP, CAIMHP, CGCS, CAADC, CCPG*

T2T starts March 13th from 7-8:30pm, continuing to run on the 2nd and 4th Monday of every month. This therapeutic group is based on the work of the curriculum by Hilary Jacobs Hendel, LCSW, which focuses on listening to your body, discovering emotions, and learning about your authentic self. This is an 8 week therapeutic group for Adults +18 up. Please sign up at the front desk with Nia or Areana

## TRAUMA PARENTING GROUP

*By: Toni Shearer Owner/Director, LPC, CCTP, CATP, CJSOTS*

This group is beginning March 6th from 7-8:30pm. This group will continue to run the first Monday of every month. The trauma parenting group focuses on helping parents guide and care for children/adolescents who have experienced traumatic events. This group does not have an age limit on children who experience trauma and this group does not have mandatory attendance. Each session will address different topics, the first group's topic will be ***the impact of trauma on children***



**COPE WITH TRAUMA**

## EXTRA BOOST GROUP

*Rebecca Singer LPC, CCTP, CAIMHP, CGCS, CAADC, CCPG*

This therapy group is available the third Monday of every month to provide support outside of individual therapy in a group setting. Each month will be a different topic. March's topic is about "springing into stress management". This is available both via telehealth and in person. Please email Rebecca Singer if interested at [Rsinger@c4hh.com](mailto:Rsinger@c4hh.com)

\*All Therapeutic groups being offered charges insurance



## GET READY- WELLNESS INCENTIVE PROGRAM

How to win a center shirt or sweatshirt! **9th from 5-6:30 PM**

Participate in a wellness class **once** a week in March **for four weeks** for a shirt or participate **twice** a week **for four weeks** for a sweatshirt!!!!!!

Zumba, art group, extraboost group, parenting group, etc, so many groups to try! Grab an attendance form at the front desk!

## Group Requirements

***We must have at least 8-10 people per group and require sign ups at the front desk with Nia or Areana***

## RANDI'S KLUBHOUSE

*By: Toni Shearer Owner/Director, LPC, CCTP, CATP,*

Randi's Klubhouse is an eight-week therapeutic interactive group for children ages 5-7 years who have experienced domestic violence. The session blends emotional, art therapy, and psycho-education to children using kind, gentle and playful interactions and wellness options. It includes both the parent/guardian and child. The Klubhouse has an application that needs to be filled out and returned to the front desk by March 2nd. ***The first class will be March 9th from 5-6:30 PM***







### **WELLNESS HELPS!**

How wellness helps...

I have been dealing with complex trauma in various forms since childhood. Before starting at the Center for Hope and Healing, I had researched the best treatment for trauma and found that art, physical activity, and group support are all important components. I was super excited to find a place that offered all the components for healing from trauma. I have found the fitness classes, art innovations and art therapy as well as group support valuable in my journey to find healing. Just this past week I found myself triggered and having the opportunity for boxing and stretching with the trainer helped my body let go of some of the physical symptoms of the trauma that I was holding in. These opportunities are why I returned here to the Center when I was able.



**LOOKING FOR PARTICIPANTS TO BE A PART OF A  
NEW CURRICULUM FOR HEALING... WRITTEN BY PA'S MOST WELL-KNOWN  
VICTIM ADVOCATE AND AUTHOR, JENNIFER STORM**

We are offering a group to help individuals who have experienced sexual assault and used substances to cope with the trauma symptoms. The class runs 10 weeks long. The group runs with about 8-10 individuals. Sign up is required at the front desk. This class begins in April (sexual assault awareness month)!



# A Blossom of Happiness

by Rebecca Singer, LPC, CCTP, CAADC,  
CCPG, CGCS, CAIMHP

What is happiness? Perhaps it is like the song “Don’t Worry, Be Happy” by Bobby McFerrin released in September 1988. If it was only that easy! I certainly don’t think happiness is when a person asks us “how are you doing?” and we answer “good” just because it is expected from us. So again, I ask what is happiness?

The Oxford Dictionary defines happiness as “the state of pleasurable contentment of mind; deep pleasure in or contentment with one’s circumstances.” To further expand on this definition, happiness has two parts to it. The first part being balance of emotions. People experience a wide variety of emotions, both positive and negative with more positive emotions usually reflecting happiness. The second part relates to life satisfaction. Life satisfaction changes frequently as circumstances change. For example, the weather is beautiful outside and you are enjoying fresh air warm air for the first time after a long Winter and are feeling happy. You then witness an accident and suddenly your happiness turns to sadness. Most people would agree that feeling happiness is much better than feeling sadness.

So, how do you know you are truly happy? Great question! This too varies. Some people will smile, some will clap their hands like the song “You Are Happy And You Know It”, some will visibly relax their muscles, some will be more social, and some will practice more self care to just name a few ways and often you will see and experience multiple signs of happiness. How do you know you are feeling happiness? I find myself smiling, having more energy, and simply sitting back and enjoying my environment.

If you aren’t happy right now, please do not fret! There are ways to increase your happiness. Some great examples are as follows:

1. Identify goals and strategies to complete the goals such as “I will clean one room in the house within a week and will do so by throwing away trash, putting clothes away, and dusting.
2. Reframe negatives such as instead of focusing on not having enough money saved to go on a vacation be happy about having enough money to go to the movies this month
3. Create and focus on a gratitude list: some things that I am grateful for are health, family, cats, ability to read, and fresh air...some are more simple and some are more complex
4. Practice self care daily: do things to relax such as read, listen to music ( I love Chicago just for reference), pet a cat (yes....one of my favorite things to do!!!!)

As Spring approaches and March 20th, the International Day of Happiness, approaches, I leave you with an inspiring quote to help with your journey of happiness....

