

NEWS LETTER

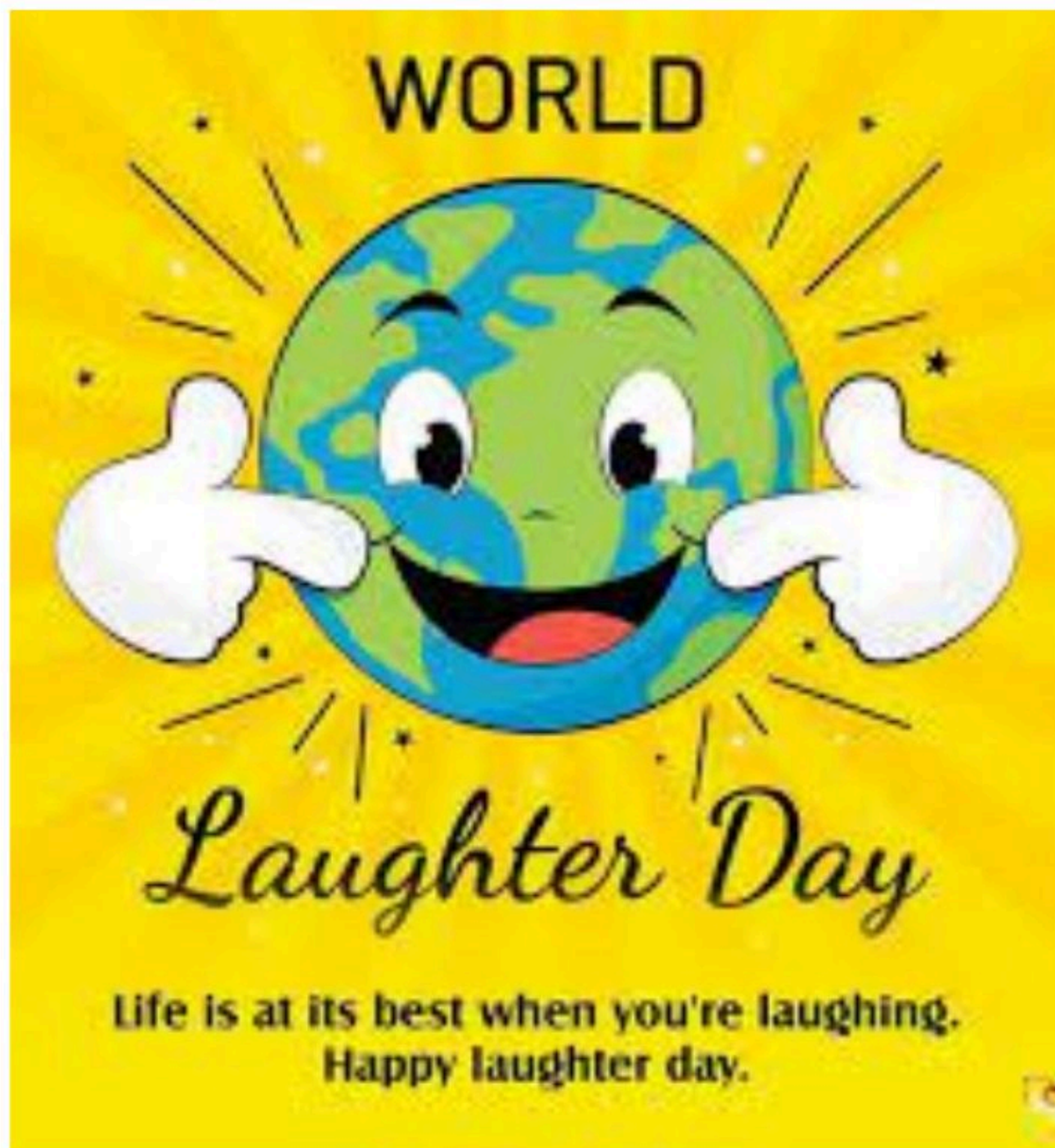
May 2023



Mental Health
Awareness Month



World Laughter Day
May 7th



Happy Mothers Day
May 14th



CREATIVE HEALING

Join us May 11-6-8PM



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

There are no bad paintings

Just unfinished works waiting to be improved upon.

WHATS GOING ON THIS MONTH



New Group Opportunity for Children 8-13 RANDI'S KIDZ CLUB

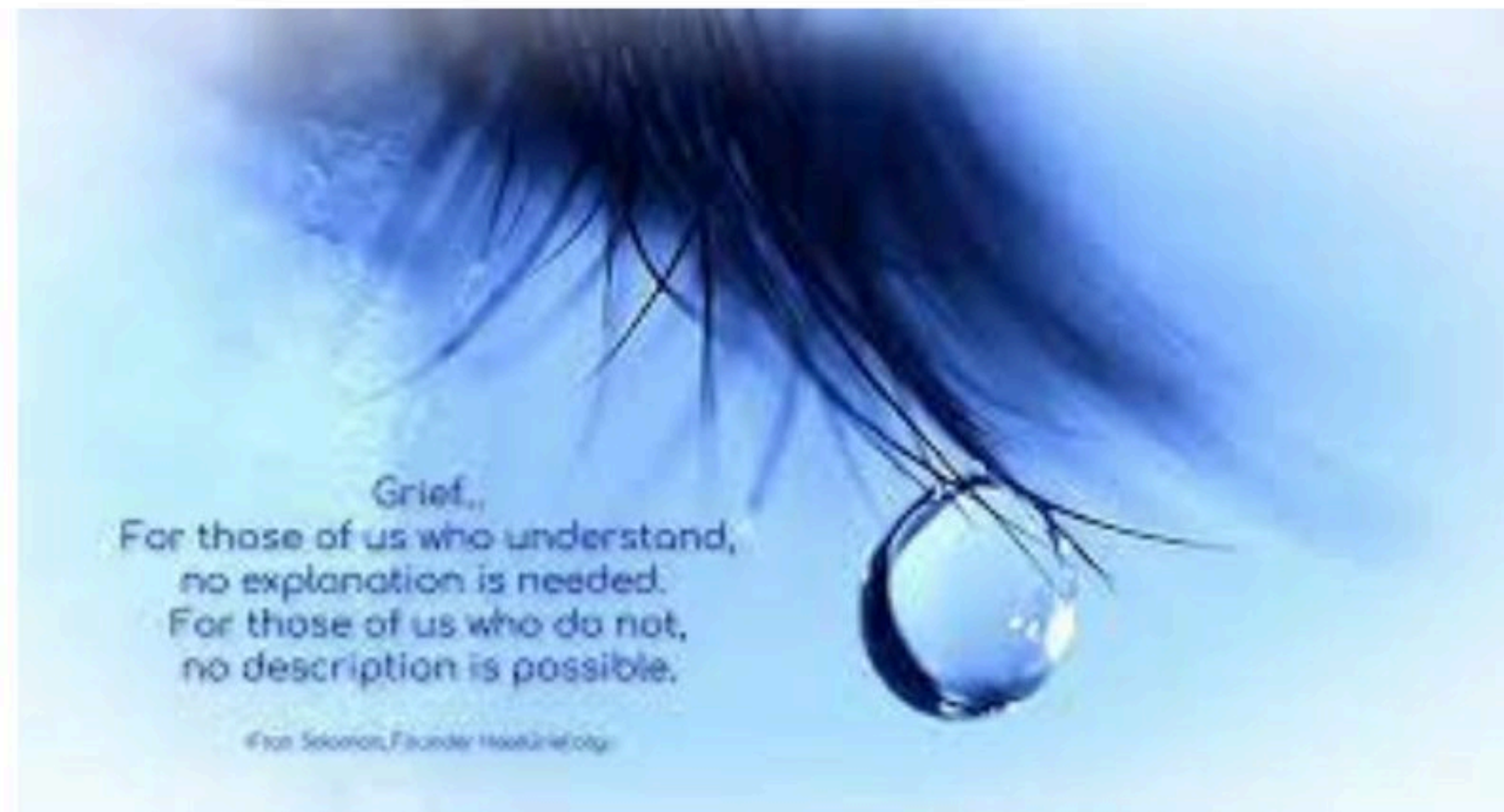
By: Toni Shearer Owner/Director, LPC, CCTP, CATP, CJSOTS

Randi's Kidz Club is an eight-week therapeutic interactive group for children ages 8-13 years who have experienced or witnessed family violence. The sessions are an interactive group focused on helping children express feelings and emotions through games, art therapy, and relaxation techniques. A completed application is required and must be returned to the front desk by June 29th. The first class will be starting in July from 5-6:30pm

"EXTRA BOOST" MONTHLY THERAPEUTIC SUPPORT 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. May's topic is about "grief and loss". This is available both via telehealth and in person. Please email Rebecca Singer if interested at Rsinger@c4hh.com



Grief,
For those of us who understand,
no explanation is needed.
For those of us who do not,
no description is possible.

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SPRING INTO ACTION-JOIN A C4HH TEAM TO HELP OTHERS

19th Annual Randi's Race

SATURDAY, May 13, 2023

Register
Today

Randi's Race is a
community 5K
Run/Walk that raises
awareness and funds
for domestic violence
victims and survivors.



Randi's Race- Join the Center for Hope and Healing Team!

Randi's Race is a 5k Run/Walk for Hope and Courage in memory of Randi Lee Trimble, who was murdered by a hit man hired by her husband. Both men are serving life terms with no parole. Randi's Race is a community even that creates awareness and advocates against domestic violence. Center for Hope and Healing offer these programs. Bring your family, friends and colleagues and enjoy fun activities.

The race is on May 13th at Adams-Ricci Community Park Magaro Road, Enola Pa. If you would like to join the Center for Hope and Healing team at the race, please sign up at the front desk with Areana by May 5th and please include your t-shirt size!!!!

Beauty After Bruises- Join our Team

Center for Hope and Healing is proud sponsor a team to raise funds for Beauty after Bruises, A nonprofit that provides survivors of childhood trauma with access to and funding for ongoing, skilled therapeutic supports. The Harrisburg walk is May 20th. (Highmark walk for Health Community will be located at HACC. Please sign up at the front desk with Nia or Areana by May 9th and please include your t-shirt size.



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COME JOIN IN SUPPORTING GIVING BACK TO THE COMMUNITY



Christa Restifo, MA

Christa is passionate about working with individuals who have experienced physical, sexual, emotional and psychological trauma through modalities such as DBT, CPT, TF-CBT, as well as anyone who is simply looking to have greater mindfulness of the ways that their mental health may be impacting other areas of their lives. In Christa's personal life she is passionate about her own physical and mental health, focusing heavily on the correlations between "food and mood" and the ways to intervene with unhealthy habits that may progress to interrupting the mind/body connection."

Conrad's Catering and BBQ

Pit is Back!!!

Conrad's Catering is Sponsoring the Center for Hope and Healing arts programs on April 5th from 3-7pm. A chicken dinner contains 1/2 Chicken, baked potato, baked beans, coleslaw, a dinner roll, and a drink for \$15.00. You can preorder at the front desk with Nia or Areana.



STRONG MINDS AND STRONG HEARTS HELP HEAL



Center for Hope and Healing started out as a place to go to talk and process past experiences in my life. What I did not know was art would be an incredible way to help heal. I attend art therapy to learn different types of art to express emotions that can be hard to use words to describe. As I attended art classes I also took advantage of the wellness programs that were being offered. I worked out with Maribeth that really increased my mental health as well.

I would encourage anyone to take advantage of the classes. it may be scary the 1st time you put yourself out because it is something new to you or/you meeting new people however everyone at the classes that I attended make you feel very welcome. It was an important part of my recovery. With therapy and classes both art and exercise classes little by little and day by day things start to get better.

FACES LEAVING THE CENTER FOR HOPE AND HEALING



Andrew Smeltz, MS, NCC
Clinical Extern

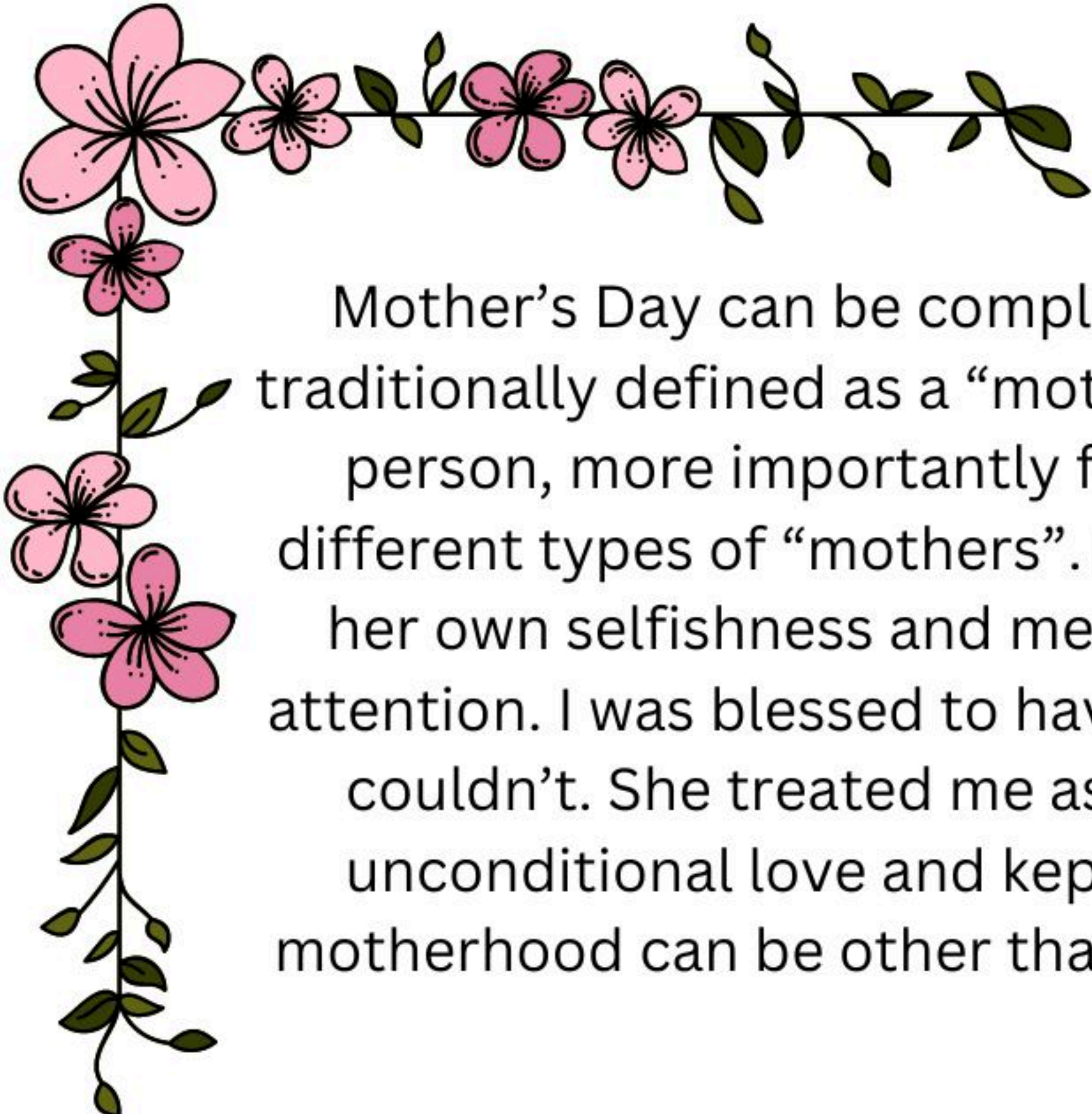
On May 12th I will be leaving the Center for Hope and Healing. I would like to take this opportunity to express my gratitude. I am grateful to the clients here at the Center, the staff, my colleagues, and Toni for the powerful experiences of compassion and healing here at the Center and that these have been among the first steps on my counseling journey. For those who I have had the privilege to know and learn from, I look forward to our paths crossing again in the future. I wish all of you health and happiness.
Thank you.

Debbi Stauffer, LCSW



Debbie Stauffer has been part of the Center for Hope and Healing for 5 years. She has brought compassion and dedication. We are so sorry to see her leave but wishing her the best on her journey beyond our Center.





Mother's Day can be complicated for individuals who don't have what is traditionally defined as a "mother". While I believe the word mother defines a person, more importantly for me, it defines an act. I grew up with many different types of "mothers". My biological mother tried to be a mother, but her own selfishness and mental health struggles exhausted her time and attention. I was blessed to have a grandmother care for me when my mother couldn't. She treated me as if I were her own daughter. She showed me unconditional love and kept me safe, almost like a "mother" would. But motherhood can be other than biological kin and over the years I found that out.

When I was only 6 years old, I began having other "mothers", although I use this word loosely. I was a foster child for 2 years and was constantly moving homes. With each new home the introduction by the person seen as a "mother" would say, "Hi, you can call me mom", which was confusing. After being with different families, I ended up with my biological father and stepmother, and the word "mother" became further confusing for me. Although my stepmother was insistent on taking on the mother role, she lacked every part that made up a "mother". She didn't use her voice to protect me from abuse and she lacked the courage to stand up for me.

At age 15, I was lucky to have a family come forward that wanted to adopt me, and I soon had a new type of "mother" – an adoptive one. I believe adoptive mothers deserve to be celebrated just like any other "mother". Even though they are not biological and are typically unfamiliar with the child, adoptive mothers accept and love the children entrusted to their care, even those children with trauma experiences like I had.

Since I have gotten older, my world view of "motherhood" has expanded. I now see the mentors I have in my life as mother-like and I am lucky enough to have two amazing women in my life who play that role. So, I am taking this Mother's Day to celebrate biological mothers, stepmothers, grandmothers, adoptive mother and mentors and all the strong women who support and care for others. It is a time to say thank you for all the love and support we are offered when we are in need.

Written by Areana

