



JOURNEY TO HEALING NEWSLETTER

Journey to Healing stands by your side. We are more than a service. We are your coping companion. We offer unique strategies to provide our clients with the resources they need to overcome grief and emotional dilemmas. Together, let's get through the journey to emotional well-being.

OCTOBER 2024



JOURNEY TO HEALING
WELLNESS CENTER

DOMESTIC VIOLENCE AWARENESS MONTH



OCTOBER

Join us in raising awareness and supporting survivors of domestic violence. Wear a purple ribbon to stand against all forms of abuse – physical, emotional, sexual, economic, and more.

Let's work together to promote safe, healthy relationships and end the cycle of violence.

**BREAK THE SILENCE.
STOP THE VIOLENCE.**

DOMESTIC VIOLENCE AWARENESS MONTH

Join us in raising awareness about domestic violence, a destructive cycle of control that affects millions. Domestic violence can take many forms: emotional, physical, sexual, economic, and more. It can impact anyone—partners, family members, and children.

On **October 22nd**, Wear a **purple ribbon** to show your support for survivors and to stand for healthy, safe relationships. Let's work together to end the silence and break the cycle of abuse.



WELLNESS & TREATS: A SAFER HARVEST CELEBRATION

This year, we are excited to bring the spirit of Halloween to Turning Point Domestic Violence Shelter in Macomb County. Wellness and Treats offers a safe and enjoyable alternative to traditional trick-or-treating for families facing challenging circumstances.

[Click here to Volunteer!](#)



TURNING POINT COAT DRIVE

HELP WOMEN IN NEED STAY WARM THIS WINTER!

WE'RE COLLECTING NEW OR GENTLY USED COATS FOR WOMEN AT THE SHELTER. YOUR DONATION WILL MAKE A REAL DIFFERENCE IN THE LIVES OF THOSE FACING DIFFICULT CIRCUMSTANCES.

DONATION GUIDELINES:

- ✓ COATS MUST BE CLEAN OR DRY-CLEANED
- ✓ ALL SIZES ARE NEEDED
- ✓ ACCEPTING BOTH USED (IN GOOD CONDITION) AND NEW COATS

HOW YOU CAN HELP?

DONATE A COAT AND HELP KEEP SOMEONE STAY WARM THIS SEASON. YOUR GENEROSITY BRINGS COMFORT AND HOPE!



CONTACT US
+313-731-2871



EMAIL US
therapy@j2hinc.org



COAT DRIVE WITH TRACY'S CLOSET

We are partnering with Tracy's Closet to donate gently used or new winter coats to TP families. All used coats must be clean, free from tears, and in working condition (zippers included). We kindly ask that you wash or dry clean any coats before donating them.

Donation Drop OFF:

Donations can be brought to our office in Crossroad Center, Southfield, Monday - Saturday 8:00 am to 5:00 pm, please give us a call at 313-731-2871 before arriving.



SUPPORTING NEW MOMS: EXPRESSING ME

Since the launch of Expressing Me, we have proudly served 25 mothers, providing them with the care, encouragement, and resources necessary to navigate their perinatal and postpartum journeys. With the help of our committed team of 7 doulas, we have completed over 30 sessions of doula services and provided 40 therapy sessions to ensure that mothers are physically and emotionally supported.



Testimonial

We aim to improve maternal and infant health, as exemplified by our client, Keona Stewart. By providing weekly guidance throughout her pregnancy and closely following our curriculum, we equipped her with invaluable tools and unwavering support. We are confident that our efforts will contribute to a positive and empowering birth experience for her.

Our work continues to make a difference, and we look forward to expanding these services to reach even more women in Wayne County. We remain dedicated to addressing disparities in maternal health and ensuring that every mother receives the care she deserves. We are committed to continuing this essential work, to improve maternal mental health and well-being across our community.

The **Expressing Me Program** is designed specifically to support new Black women moms in Wayne County during pregnancy and the postpartum period. It is crafted to provide Doula Support, Therapy, and Case Management. Our program is free for families in Michigan, regardless of income. We offer a range of flexible options including in-person, home-based, and virtual services for moms and diverse services that include perinatal birth classes, individual mental health, home-based doula services, and more.

[REGISTER NOW](#)



October is Breast Cancer Awareness Month!

October is Breast Cancer Awareness Month! Early detection can save lives. We encourage everyone to schedule regular screenings, spread awareness, and support survivors. Remember, 1 in 8 women will be diagnosed with breast cancer in their lifetime.

Did You Know?

- 1 in 8 women in the U.S. will develop breast cancer in their lifetime.
- Men can also get breast cancer, though it is rare.

How You Can Help?

- Schedule a Screening: Early detection is key. Make sure to schedule your mammogram, especially if you are over 40 or have a family history of breast cancer.
- Share Awareness: Spread the word on social media, in your workplace, and among friends and family to remind others of the importance of regular check-ups.
- Support Survivors: Breast cancer affects not just those diagnosed but also their families and communities. Offer support by participating in local events, donating to breast cancer research, or simply being there for a survivor in your life.

At Journey to Healing, we stand with survivors, their families, and everyone working to create a future where breast cancer is fully preventable. Let's unite to raise awareness, promote early detection, and honor those who have fought this disease.

The Journey to Healing joined Caleb's Kids 4th Annual Life 5K Fundraiser as

volunteers and vendors!



It was an inspiring moment dedicated to raising awareness for suicide prevention and supporting mental health. We're grateful to have been part of such a meaningful cause, and we're proud of the community for coming together to make a difference.

Journey to Healing Partners with Marine Corps Reserve for the 2024 Toys for Tots Campaign



Journey to Healing

TOYS FOR TOTS HOLIDAY GIVEAWAY

Join us this holiday season as Journey to Healing partners with the Marine Corps Reserve to distribute free toys to children! To participate, simply complete the application form on the Toys for Tots website and fill out our quick Google form to share your child's age and gender.

Let's make this season special for your family!

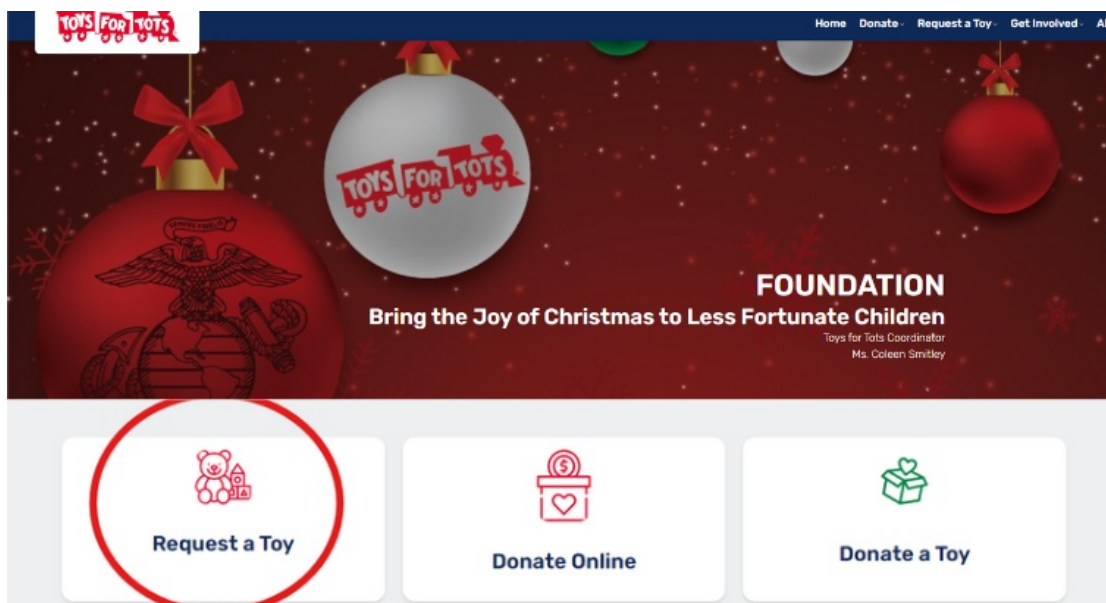


TOYS FOR TOTS APPLICATION ARE FOR CHILDREN AGES 0 - 13
ALL APPLICATIONS MUST BE SUBMITTED ONLINE

For any further questions, please email us at therapy@j2hinc.org

We are pleased to announce that Journey to Healing is partnering with the Marine Corps Reserve for the 2024 Toys for Tots campaign! This holiday season, we will be distributing free toys to children, and we invite you to participate by following the steps outlined below:

Step 1 – Complete the Application Form on the Toys for Tots Website



- Visit the Toys for Tots website.
- Scroll down and click on “Request a Toy”.
- Select “For Family Application – Click Here”.
- Please have a look at the [Local Campaign Timeline](#) page to make sure you know all the deadline dates for toy applications.
- **Complete the online application form by providing the required details and Submit.**

Submit now

Step 2 – Complete the Google Form for Journey to Healing



Since Journey to Healing is assisting in distributing toys on behalf of the Marine Corps Reserve, you will also need to fill out our Google form. This will help us gather important information, such as the age and gender of your child.

Submit Now

Once both forms are submitted, your application will be reviewed by the Marine Corps Reserve. Don't worry—approval is highly likely, and we will notify you as soon as your request has been accepted.

WELLNESS SERVICES

THE BENEFITS OF PRIORITIZING YOUR WELL BEING

We provide evidence-based education, outreach programming, and clinical therapeutic services to families who experienced trauma related to grief, loss, and everyday life experiences. We provide in-person and telehealth therapeutic services within a safe, confidential, and professional environment. Our clinical services are offered for children, adolescents, and adults to foster healing and recovery from even the most pressing mental health concerns.

WELLNESS CHECK-IN

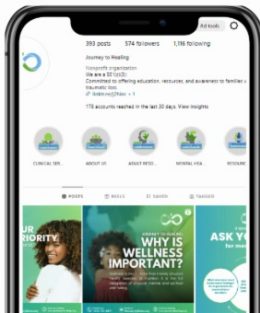
Trauma has been identified as a major public health and medical issue, and unfortunately, minority youth and families are less likely to utilize mental health services. We want to change that!



SCAN OUR QR CODE
FOR A 30-MINUTE
WELLNESS CHECK IN

PRIORITIZE YOUR MENTAL WELL-BEING WITH US

Join our platform for a supportive space that empowers you to explore mental health awareness, access valuable resources, and engage in uplifting conversations. Together, let's break the stigma and foster a community that promotes positive mental health.



LEARN MORE & REGISTER FOR OUR PROGRAMS AND SERVICES

Visit our Website at 
www.journey2healing.org



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**OUR MAILING ADDRESS:
CROSSROADS OFFICE CENTER, 16250 NORTHLAND DRIVE,
SOUTHFIELD, MI 48075, SUITE 239**



FOR MORE INFO: EMAIL THERAPY@J2HINC.ORG

Journey to Healing | 10231 Puritan | Detroit, MI 48221 US

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