



# JOURNEY TO HEALING NEWSLETTER

We are here to provide guidance, support, and understanding for mental health. Don't hesitate to reach out for the personalized care you deserve.

**NOVEMBER 2024**

## International Stress Awareness Day **NOVEMBER 6**

November brings International Stress Awareness Day, **November 6** dedicated to highlighting the impact of stress on our lives. Understanding and managing stress is crucial for our mental and physical well-being.

### Celebrate by Trying:

- **DIY Stress Balls:** Create your stress ball using balloons filled with flour or rice.
- **Journaling:** Take a few minutes to write down your thoughts and feelings.
- **Mindfulness:** Practice meditation or deep-breathing exercises to calm your mind.
- **Nature Walks:** Spend time outdoors to recharge and reduce stress.

### Tips for Managing Stress:

- **Stay Active:** Regular exercise can help reduce stress and improve mood.
- **Connect with Others:** Talk to friends or family about your feelings.
- **Set Boundaries:** Learn to say no to avoid overcommitting yourself.
- **Prioritize Self-Care:** Make time for activities you enjoy.

*Share Your Tips! Let's support each other in managing stress effectively.*



## Heartfelt Success at Journey to Healing “Wellness & Treats” Event!

On **October 26th**, Journey to Healing brought smiles, warmth, and wellness to families at the Macomb County Shelter during our “Wellness & Treats” event. We were honored to share a day of joy and connection with these incredible families, creating memories that will last a lifetime.

Our day was filled with warmth—from cozy winter coats (thanks to a generous collaboration with Tracy's Closet) to sweet treats and wellness check-ins. We made sure every family felt supported, welcomed, and cared for.

With costumes, trick-or-treating, and lots of Halloween fun, the kids experienced a safe and festive environment designed to bring out their smiles and lift their spirits. We're so grateful to everyone who helped make this day possible and to our community for supporting this day of connection and joy.

**Together, we made a difference!**

# Mental Health Support in Detroit



Caring for your mental well-being is essential. Below are resources—books, apps, and local services—that offer guidance, support, and tools to help you along the way. Explore what's available and take a step toward a healthier mind and body.

## Books for All Ages

- **For Adults:**
  - The Power of Now by Eckhart Tolle
  - The Body Keeps the Score by Bessel van der Kolk
  - Radical Acceptance by Tara Brach
- **For Kids:**
  - Breathe Like a Bear by Kira Willey – Mindfulness activities for young children
  - A Little SPOT of Emotion series by Diane Alber – Teaches kids about emotions
  - I Am Peace: A Book of Mindfulness by Susan Verde – Simple mindfulness practices for kids
- **Apps**
  - Calm ([calm.com](https://www.calm.com))
  - Headspace ([headspace.com](https://www.headspace.com))
  - Moodfit ([getmoodfit.com](https://www.getmoodfit.com))
- **Local Services**
  - Journey to Healing, Inc. ([journey2healing.org](https://www.journey2healing.org))
  - DWIHN ([dwihn.org](https://www.dwihn.org))
  - NAMI Metro ([namimetro.org](https://www.namimetro.org))
  - Common Ground ([commongroundhelps.org](https://www.commongroundhelps.org))

**Support is available—take a step toward well-being today!**





## Parenting Tips for International Stress Awareness Week: Fostering Healthy Relationships with Your Children

Supporting your children's emotional well-being starts with open communication. Here are some quick tips for building a strong, healthy bond:

- **Encourage Openness:** Create a safe space for daily check-ins. Let kids share their highs, lows, and stressors openly.
- **Model Positive Coping:** Show healthy ways to handle stress, like deep breathing or taking breaks.
- **Validate Feelings:** Acknowledge their emotions, reinforcing that it's okay to feel stressed sometimes.
- **Spend Quality Time:** Engage in simple activities together—cooking, walking, or even just talking.

*By nurturing open dialogue, you empower your children to handle stress and build confidence.*

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**JOURNEY TO HEALING** IS THRILLED TO ANNOUNCE  
THAT WE ARE ACTIVELY ACCEPTING CLIENTS FOR  
PSYCHIATRIC SERVICES SPECIFICALLY AVAILABLE  
TO UNITED HEALTHCARE PATIENTS.

**OUR COMPREHENSIVE OFFERINGS INCLUDE:**

**COMPREHENSIVE PSYCHIATRIC EVALUATIONS**

Initial assessments for accurate diagnosis, covering mental health history, symptom review, and personalized needs analysis.

**MEDICATION MANAGEMENT**

Collaborative support for medication adjustments, monitoring side effects, and ensuring optimal outcomes.

**PSYCHIATRIC FOLLOW-UPS**

Regular sessions to adjust treatment as needed and provide continuous mental health support.

#### DIAGNOSTIC TESTING

In-depth psychological and behavioral assessments, covering mood disorders, anxiety, depression, ADHD, autism spectrum disorder, bipolar disorder, and more.

#### THERAPEUTIC SUPPORT

Tailored therapy sessions addressing stress, anxiety, emotional regulation, and coping strategies.

#### TELEPSYCHIATRY SERVICES

Convenient virtual appointments available for clients who prefer remote access to care.

#### CRISIS INTERVENTION

Immediate assistance for urgent mental health needs, helping clients stabilize and access further support as needed.

#### FAMILY SUPPORT SESSIONS

Involving family members in the treatment process to enhance understanding and provide supportive strategies.





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 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**

**APPLICATION MUST BE COMPLETED**

For any further questions, please email us at [therapy@j2hinc.org](mailto:therapy@j2hinc.org)

## **2024 Toys for Tots: Bringing Holiday Joy with ourney to Healing**

Journey to Healing is proud to partner with the Marine Corps Reserve for the 2024 Toys for Tots campaign! To complete your application, please provide the necessary information by filling out this form. This will help us gather important details about your child, including their age and gender, so we can ensure appropriate toys are distributed.

Please note, that you must complete this application fully! After submitting the form, we will review your application, and we will notify you via email in December, once it's approved. Toys for Tots program only allows one Toy per child.

**Toys for Tots Holiday Help/FAQs**



- Families **MUST** live in Wayne or Macomb County
- Applications are for children ages 0 to 13
- Toys are sponsored by the Marine Toys for Tots program.

We look forward to making this holiday season a joyful one for your family!

**Apply Now**



**JOURNEY TO HEALING**  
*Clinical Treatment Center*

## GRIEF SUPPORT

**HEALING TOGETHER, EMPOWERING  
FAMILIES THROUGH ART AND EDUCATION**

Our Grief Support Program offers a compassionate and secure environment where participants can find emotional healing and connection with others who share similar experiences. Through art and education, we empower families to navigate the complexities of grief, fostering resilience and self-advocacy during challenging times.

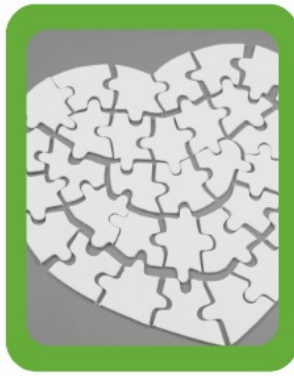
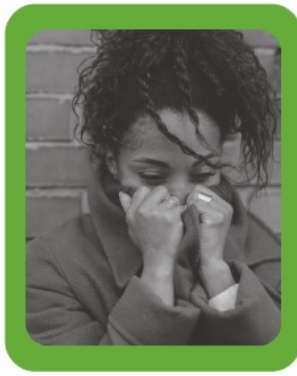


### WHAT TO EXPECT:

We provide a safe, non-judgmental space where participants can openly express their grief and emotions. Each session is guided by compassionate professionals who help you navigate the complexities of grief through art-based activities, group discussions, and therapeutic exercises. You will receive guidance on managing emotions such as sadness, anger, and guilt while learning practical coping strategies that promote emotional healing and well-being.

Participants can expect to connect with others who share similar experiences, fostering a sense of community and reducing feelings of isolation. Each week focuses on specific themes, including understanding grief, building resilience, and discovering meaning through creative expression. By the end of the program, you'll leave with a deeper understanding of your grief and tools to help you continue healing in your own time.





 **MARK YOUR CALENDARS**

**November 16**

**November 27**

**December 18**

### GRIEF SUPPORT PROGRAM BENEFITS

- ✓ Emotional healing in a safe and supportive space
- ✓ Peer connections for shared experiences and support
- ✓ Support for managing complex emotions
- ✓ Reduced isolation and promotion of mental well-being



**SCAN QR  
CODE TO  
REGISTER**



**JOIN US ON A JOURNEY OF HEALING, WHERE  
WE COME TOGETHER TO REBUILD, GROW, AND  
SUPPORT ONE ANOTHER.**

*In addition to our regular support group, we invite you to join us for a special holiday gathering on December 18, 2024. This event will include:*

- ✓ **GIFT RAFFLES**
- ✓ **HOLIDAY TOYS**
- ✓ **A HOT MEAL**

**TO REGISTER, CALL  
313-731-2871**

Families, children, and adults are all welcome, and the program is completely free of charge.

**REGISTER NOW** 



313-731-2871

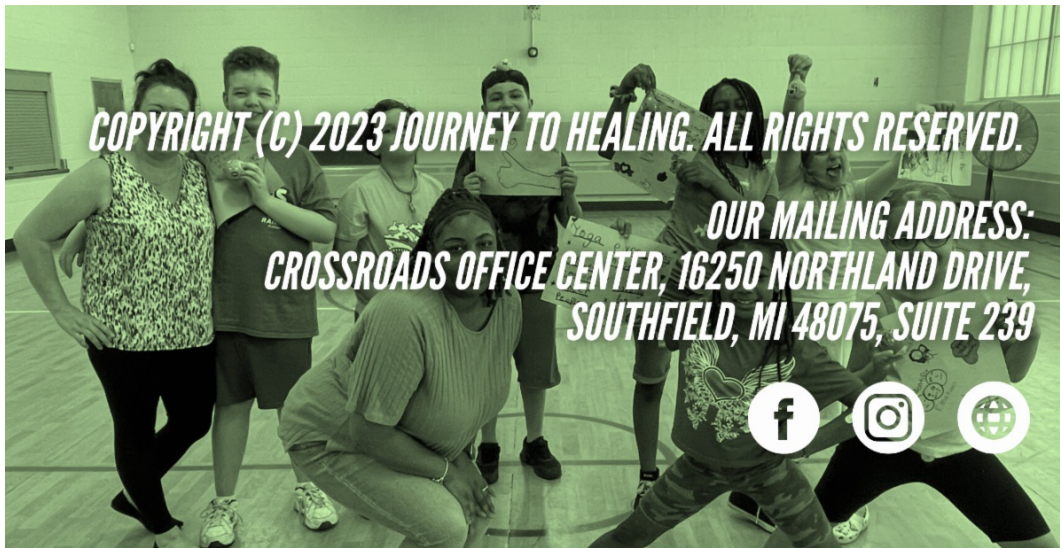


therapy@j2hinc.org



Crossroads Office Center,  
Northland Drive, Southfield

**Register Now**



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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](mailto:therapy@j2hinc.org)

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

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