



JOURNEY TO HEALING

PROVIDING A HOLISTIC
APPROACH TO TRAUMA

JOURNEY TO HEALING NEWSLETTER

Closing Out the Year with Impact

POWERFUL MOMENTS OF HEALING IN

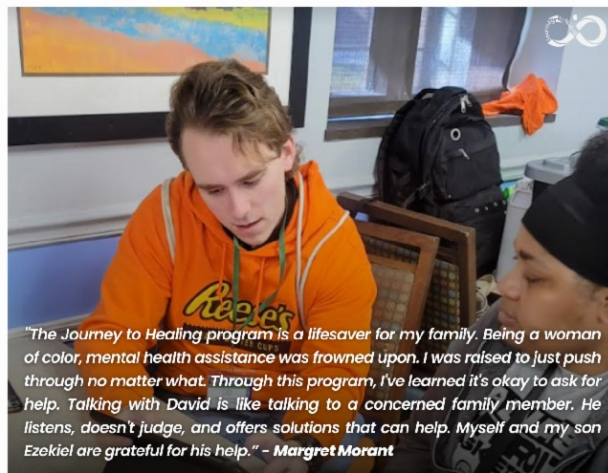
As we close the chapter of 2023, let's take a moment to reflect on the many impactful and powerful times woven from the Journey to Healing program. Over the year, we have observed incredible developments, sincere relationships, and positive changes in our collaboration with COTS- Temporary Housing Shelter, our community partner. Through the Journey to Healing program and COTS-Temporary Housing Shelter, people are empowered to overcome cultural stigmas related to mental health and receive comprehensive care that goes beyond treatment sessions. This program has become a beacon of hope. The stories we share in this newsletter encapsulate the essence of our collective initiatives to foster mental and emotional well-being.

2023



A CHANGE IN NARRATIVE

Margret Morant's story is a powerful example of perseverance and overcoming cultural obstacles. Being a woman of color, she was raised in a culture that frequently discouraged obtaining mental health care. On the other hand, Margret's choice to participate in the Journey to Healing program was a turning point. Through the support of dedicated therapists like David, Margret learned that it's not only okay to ask for help but also empowering. The program's impact extends beyond therapy sessions, creating a space for understanding and solutions to replace judgment. Margret's experience demonstrates how the program can change narratives and provide a lifeline for those who need it.



"The Journey to Healing program is a lifesaver for my family. Being a woman of color, mental health assistance was frowned upon. I was raised to just push through no matter what. Through this program, I've learned it's okay to ask for help. Talking with David is like talking to a concerned family member. He listens, doesn't judge, and offers solutions that can help. Myself and my son Ezekiel are grateful for his help." - Margret Morant



"Journey to Healing has helped me in so many ways. From wellness checks to individual therapy sessions to yoga during the summer. During the individual therapy sessions, I'm able to let them in on my journey to healing, from family trauma down to raising a daughter on the spectrum. They give me words of encouragement and resources. Every session, I walk out with a smile on my face and hope. Thank you, Journey to Healing, for all that you do. You guys are truly part of my Journey to Healing." - Brandy Smith

EXPERIENCING A HOLISTIC JOURNEY TO HEALING

Journey to Healing showcases the program's commitment to a holistic approach to mental well-being. From wellness checks to individual therapy sessions and even yoga during the summer, Brandy Smith has experienced the full spectrum of support we have for him. Every session leaves him with not just words of encouragement but tangible resources to navigate his unique journey. In addition to addressing personal issues, the approach recognizes that mental, physical, and spiritual healing are all interwoven and creates a beautiful tapestry of progressive well-being. Brandy's experience embodies the transformative potential of a comprehensive and compassionate approach to mental health support.

A TESTIMONY OF SUCCESSFUL TRANSFORMATION

Mariah Childers experienced the transformative impact in an incredible one-sit-down. The program provided comfort, easing the weight of depression and making the visit personal and impactful. Since that day, Mariah's mindset has shifted positively, improving her thoughts and feelings. Her heartfelt gratitude extends to the support she received and the program's presence at COTS Peggy's Place. Mariah's testimonial reflects the immediate and lasting effects of personalized care, reminding us of the profound impact of compassionate mental health support on individuals and families.

"The impact that Journey to Healing has had on me took one sit down. The lady gave me comfort and helped ease my depression. She made my visit personal for me and her, and it honestly helped my mood, not just that day but every day. Ever since that day, my ways of thinking and feeling have improved and changed for the better. I actually want to thank Journey to Healing for coming to COTS Peggy's Place and offering the help and resources they provide because a lot of mothers and parents need the help that they offer. Thank you lots!!!" - Mariah Childers



SEEKING NEW BOARD MEMBERS FOR 2024

We are excited to announce openings for new board members for the upcoming term! If you're looking to make a meaningful impact and have the drive to create change, we invite you to apply for a position on our board.

POSITIONS AVAILABLE

- **Youth Community Leader**
(Must be 16 or older)
- **Community Advocate**
- **Secretary**
- **Treasurer**
- **Clinical Advisor**
(Must hold a state clinical license)
- **General Board Member**

WHAT TO EXPECT

- 2-year term commitment
- 5 to 7 hours per month
- Bi-monthly meetings

INTERVIEWS WILL BE HELD IN DECEMBER 2023

BE A PART OF THE CHANGE.

APPLY TODAY AND HELP SHAPE A BRIGHTER FUTURE FOR OUR COMMUNITY!

IF YOU'RE INTERESTED,

Scan our QR Code to complete the **Board Self-Assessment Survey**.

Your input matters and helps us know more about your qualifications for the available board positions.



CLINICAL TREATMENT CENTER

NOW ACCEPTING CLIENTS



✓ WE ARE AVAILABLE FOR CRISIS SUPPORT AND WELLNESS CHECKS

✓ CRISIS SUPPORT AND WELLNESS CHECK CAN BE BILLED BY INSURANCE

LIST INSURANCE:

MCLAREN MEDICAID, ATENA, BLUE CROSS/BLUE SHIELD/BLUE CARE NETWORK, BLUE CROSS COMPLETE, UNITED HEALTH CARE, BEACON HEALTH PRIORITY HEALTH & STRAIGHT MEDICAID.

📞 313-731-2871

✉️ THERAPY@J2HINC.ORG

A GRATITUDE FOR COMMUNITY

LOVE

Shatara Long extends a heartfelt "thank you" to Journey to Healing for bringing love and activities to their children. The Long family appreciates the time taken to check on the kids and the parents. In times like these, filled with challenges, the love and excitement the program brings are especially meaningful. Shatara's gratitude echoes the importance of community support, emphasizing that it's not just about the individuals but the families. Journey to Healing's commitment to fostering connection and joy within the community resonates in Shatara's words, highlighting the positive ripple effect on children and parents.



"Thank you, Journey to Healing, for coming out with love and activities for our children. We appreciate everything. Thank you for taking the time to check not only on our children but also on us parents. It is so very fun and exciting, the kids love it. Thank you. We need this, especially in times like this, so thank you all again."

Love,
The Long Family " -**Shatara Long**

CELEBRATING YEAR-END ACHIEVEMENTS



As we wrap up the year, it's time to celebrate the collective achievements that have made the Journey to Healing program a force for positive change. From engaging workshops to impactful events and activities that brought smiles to faces, our community has achieved milestones worth commemorating.

We've created a tapestry of support, understanding, and hope. This year-end celebration isn't just about acknowledging the program's successes; it's about recognizing the shared effort with our partner community, COTS-Temporary Housing Shelter, that has also made a lot of difference in the lives of those seeking healing and well-being. Here's to the achievements of 2023 and the promise of continued impact in the year ahead.




THE PROGRAMS & SERVICES WE OFFER

Take the first step towards a more resilient and empowered you. Join us at Journey to Healing with comprehensive programs, ranging from expressive workshops for children to therapeutic yoga for families, which are tailored to address multiple needs and foster personal growth.

- **Expressing Me Workshop** (Ages 2-6) fosters language, motor skills, and emotional exploration through art.
- **Yoga for Families** promotes physical and mental wellness via in-person and online sessions.
- **Grief Support Program** aids families in coping with loss through art therapy and education.
- **Kids Connect Workshop** encourages youth to express themselves through art for emotional well-being.
- **Wellness Check-ins** provide personalized non-clinical support for stress management and self-care.
- **Wellness Group Sessions** foster personal growth through shared experiences.
- **Parents Cafe** offers support for emotional challenges in parenting.
- **C.A.B.T Program** promotes resilience in adolescents through life skills.
- **Healthy Attachment Program** facilitates family bonding and emotional well-being.
- **Mindful Mommies** provides a supportive community for mothers and children.
- **Calm Collective** empowers families with bonding and coping skills for holistic well-being.



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



 JOURNEY TO HEALING

FOR MORE INFO: EMAIL SRUSHING@J2HINC.ORG

Journey to Healing | 10231 Puritan, Detroit, MI 48221

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