

SAMARITAN NEWS



Samaritan
Counseling Center

of the Fox Valley, Inc.

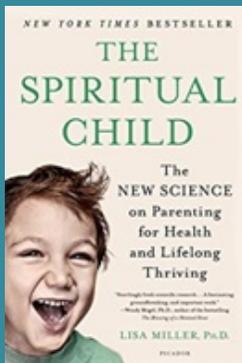
HEALING MIND, BODY, SPIRIT AND COMMUNITY

IN THIS
EDITION

NOVEMBER
2019

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Save the Date: Creating Hope April 2, 2020



Samaritan Counseling Center, in collaboration with NAMI Fox Valley, invites the community to take part in their half day 2020 Creating Hope educational seminar, which will feature Dr. Lisa Miller, Clinical Psychologist and author of "The Spiritual Child *The NEW Science on Parenting and Health for Lifelong Thriving.*" In her presentation, Dr. Miller will present the next big idea in psychology and parenting: the science and power of spirituality.

Seminar Details:

April 2, 2020, 7:30 am – 10:45 am
(Includes executive-style continental breakfast)
Location specifics forthcoming.

Making the Case for Elementary Age Mental Health Screening How to Respond to Parent Questions



By [Amy D'Addario, MS, CSW, SAC](#), Connected Community Wellness Screen Site Coordinator, On-Site Clinician at Samaritan Counseling Center

In the same way we monitor a child's physical wellness, it is important to monitor mental wellness. Mental wellness enables children to think clearly, develop socially, and learn new skills. It is essential. The [American Academy of Pediatrics](#) recommends annual mental health screening for all school-age children, a service Samaritan provides through [Connected Community Wellness Screen in 11 area school districts](#). Some parents question the value of their child's mental health screening; therefore, let's consider the layers of meaning and value in this important initiative: [READ MORE.](#)

Literary Showcase: What We're Reading

The Untethered Soul, The Journey Beyond Yourself by Michael Singer

This insightful read explores what it takes to live free from limitations and boundaries, to be liberated from the bondage of one's psyche. While tedious in parts ("be conscious of being conscious"), its beauty lies in its profound

simplicity: "The truth is, everything will be okay as soon as you are okay with everything." It drills into true nature of self and invites readers to properly identify the root of discomfort and source of fluctuations in inner energy. Readers will open the door to living a life free from the inner voice that oppresses, condemns and confines.

Submitted by Jane Frantz, Development and Communications Director,
Samaritan Counseling Center



The Meaning of World Kindness Day Plus 10 Ideas for Small Acts of Kindness on Any Day



By [Missy Klosterman](#), MSW, APSW, Resident Therapist at Samaritan Counseling Center of the Fox Valley

[World Kindness Day](#) was established in 1998 in Tokyo and has since taken hold of hearts and minds all over the world. Celebrated annually on November 13, World Kindness Day is set aside to focus on good deeds and the common thread of kindness that binds together all of humanity. The founders and supporters of the worldwide kindness movement emphasize that kindness has the capacity to bridge the divides of race, religion, politics, gender, economic differences, and geography—a powerful solution for the challenges of our time. [READ MORE.](#)

Together We Walk this Path

Samaritan Counseling and NAMI Fox Valley partner to:

1. **Train faith communities** through their Mental Health Ministry Initiative (MHMI) program
2. **Counsel, support, and educate** through Centro Esperanza, a Spanish-language counseling program
3. **Educate students, school district staff, and families regarding mental wellness** through our Wellness Screen program. **NAMI also provides Parent Peer Advocates** for parents within the districts we serve.



On October 5, an energetic group of Samaritan Counseling and Wellness Screen staff members and their families stepped up to support NAMI Fox Valley at the annual NAMI Walk at the Timber Rattlers' Stadium. The highly visible community event attracted 436 participants to help fight the stigma around mental illness, raise mental health awareness, and generate funds to support mental-health programming for thousands of community members.



At press time, the overall Fox Valley NAMI Walk raised more than \$105,000, far surpassing its goal of \$90,000. This is wonderful news, and proof that our families and communities believe there is no health without mental health!

#GivingTuesday



Coming soon... #GivingTuesday: December 3, 2019

Your gifts give hope and healing to your friend, family and neighbor.

www.samaritan-counseling.com/givingtuesday

Sips of Success



"You are a wonderful counselor, and I'm so thankful to have had you. Scheduling was very easy to do, and I feel like you really listened to me and helped me so much. I still use techniques you taught me."

– Samaritan Client

Let's Stay in Touch



"Thanksgiving is a time to give, a time to love, and a time to reflect on the things that matter the most in life". (Danielle Ducke)

Dear Friends of Samaritan,

How fitting that World Kindness Day and Thanksgiving both fall in this beautiful, colorful month! Your kindness continues to make a powerful impact on the lives of students, clients, friends, and neighbors who seek our care. In big and small ways, you are heroic in your efforts to build bridges and help people discover new paths to wellness in mind, body, and spirit. Together with you, our friends, we at Samaritan innovate and nimbly meet the mental health needs of our community so individuals, families, organizations and entire communities can thrive.

In thanksgiving for your interest and investment in us,

Rosangela Berbert, Executive Director
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