



MHP Newsletter

WINTER 2016

Amplify Austin: Save the Date

MHP to participate in 24 hr citywide giving campaign

March 8 - 9, 2016

We had such a blast last year during Amplify Austin, raising over \$40,000 and winning a Bass Booster Prize for raising the most money in one hour. Join us this year in raising even more as we Amplify the hope, healing and transformation for those struggling with grief and loss in our community.

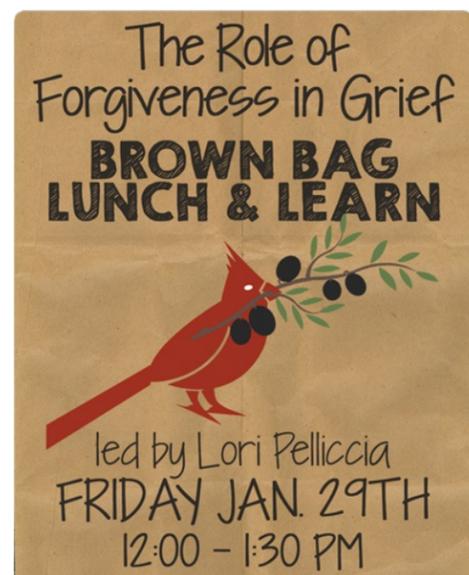
#1day50k!



Help us Turn the Giving up to 11!

- **Mark your calendar** - March 8-9 from 6 pm - 6 pm to donate—you can even schedule your gift starting January 27 to be applied March 8th. Simply visit our [profile](#) and click "Donate Now."
- **Recruit your family and friends** - Create your own personal campaign to fundraise for My Healing Place. Visit our [profile](#) and click "Create a Fundraising Campaign." We're here to help set up your campaign if needed. Just e-mail ktarvin@myhealingplace.org for assistance.

UPCOMING EVENTS



MHP Office Hours

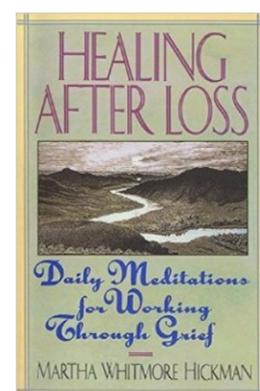
M - F 9:00 am - 3:00 pm

Intake scheduling hours:
11:00 am - 2:00 pm

BOOKCLUB CORNER

Healing After Loss: Daily Meditations For Working Through Grief

by Martha Whitmore Hickman



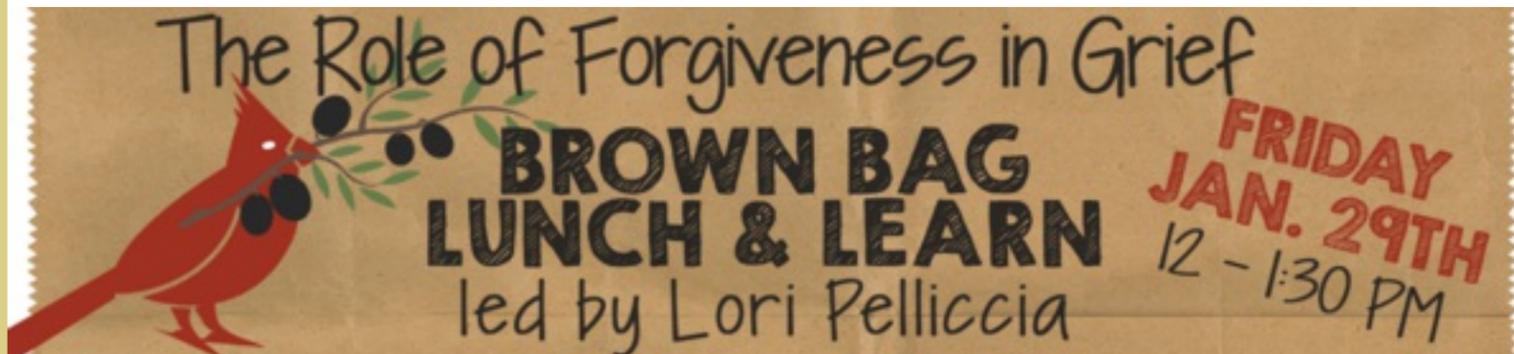
This book offers short meditations to offer yourself a bit of comfort each day of your grief journey.

- **Celebrate success with us** - Join fellow supporters at our watch party on March 8th (more details TBA) and share in the excitement as we kick off Amplify Austin and exceed our goal!

amazonsmile
You shop. Amazon gives.

Support MHP with every purchase!

[Get Started!](#)



We hope you can join us for an afternoon of learning and enlightenment at our first Brown Bag Lunch & Learn of 2016. MHP Assistant Clinical Director Lori Pelliccia will be leading a presentation and discussion on the role forgiveness can play in grief recovery. For more information or to register for this event, click the banner above or RSVP button below.

WHEN

Friday January 29, 2016 from 12:00 - 1:30 pm

WHERE

The MHP Offices - 8401 Shoal Creek Blvd. Suite 102

Learning Objectives

Participants will:

- explore the connection of forgiveness within the grieving process;
- examine some widespread beliefs about forgiveness and how they can make it harder to forgive; and,
- learn specific steps to help with the process of forgiveness.

[RSVP Today!](#)

MHP Policy in Response to Open Carry Legislation

DO GOOD, FEEL GOOD

MHP Teams up with Local Juice Bar



You may have heard about our participation in JuiceLand's Do Good, Feel Good campaign. We'd like to thank JuiceLand for



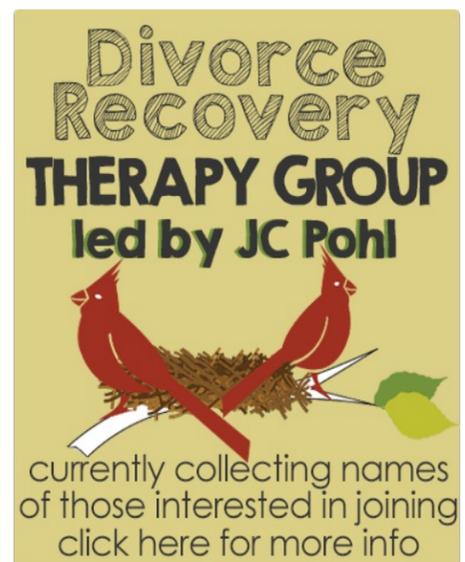
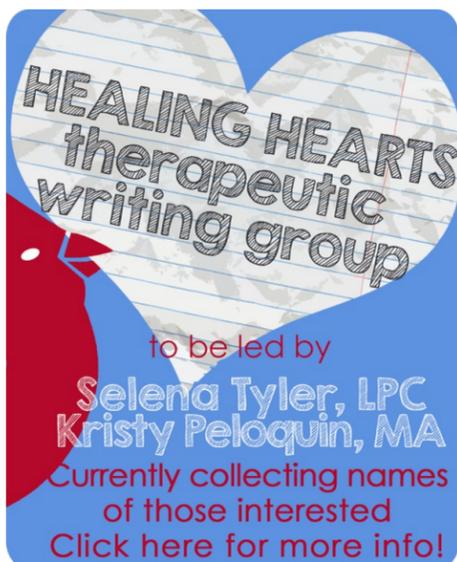
offering us such a tasty opportunity to raise some money for MHP. The local company created a smoothie just for us and will be donating a portion of the proceeds made from the Pecan Nog smoothie sales in December. Stay tuned for updates!

Therapy Groups Forming Now!

MHP therapy groups:

- are led by one to two mental health professionals,
- encourage members to challenge themselves to grow and develop insight into behaviors and emotions,
- usually consist of 5 to 8 members,
- are often closed after their second meeting,
- meet for a set period of time such as 8 or 12 weeks.

Interested in joining one of our therapy groups? [Let us know by clicking here!](#)



Interested in joining a therapy group we don't offer? Let us know!
If we get enough people interested in a topic, we can absolutely get one started.

info@myhealingplace.org or **512-472-7878**.

MEET THE BOARD

Joseph Agyei



**Providing personal attention
for healthcare professionals
& managed care
organizations for over 10
years**

**"I see My Healing Place as
an extension of the work
healthcare organizations do.
I consider it a great
opportunity to be part of an
organization dedicated to
helping families cope
with grief and loss."**

Joseph Agyei was born and raised in Ghana, West Africa and emigrated to the Bronx where he attended high

Since June of 2014, Jan Dimmitt has provided professional accounting services and business expertise to our growing organization. Born and raised in Littlefield, TX, Jan has lived in Austin for over 20 years during which she has built her impressive business [Jan Dimmitt Resources \(JDR\)](#). An avid soccer fan, Jan can be spotted at Fadó catching a game in DT Austin.

Her local business JDR offers a variety of administrative solutions for mental health professionals as well as continuing education opportunities to help grow your practice and strengthen your professionalism.

We couldn't be more grateful for the excellent quality of services and generous support she has given MHP.

school and fostered a cultural connection to Africa through his love of soccer and Afrobeats (a combination of traditional jazz, highlife, funk and chanted vocals fused with percussion and vocal styles popularized in Africa in the 70's).

Growing up, Joseph was very close to his grandmother who instilled a strong sense of community in him. As a result, he became an active volunteer in campus and community organizations while studying at Cornell University and continued as an active community member during grad school as well.

Joseph moved to Austin in 2014, and was offered a position on our board in 2015 while participating in a healthcare administration fellowship with Seton Healthcare Family. Guided by his enthusiasm to help uplift the community, he jumped right in and took the role of Secretary of the My Healing Place Board of Directors. We are all too grateful to have such an accomplished man with such a passion for caring for individuals governing our organization.

A Note from our Clinical Director

Beginning a new year is not an optimistic time for many of us who are grieving, as it might be for others. New years resolutions can be

fun ways to improve ourselves. However, some of us may be fearful of the anticipated challenges we face in our grief or the realization of the benchmark of another year without our loved ones whom we've lost.

With all the questions we face about how we keep moving ahead, I think about what our loved ones would want for us: to find hope, joy, healing, love, and good health in whatever ways we can. As brothers and sisters of loss, we understand how overwhelming this whole process can be. So let's make a goal together. Let's make a goal to support one another through the laughs, the tears, the hugs, the meltdowns—all of it! And let's make a goal to take better care of ourselves, the way our loved ones would want for us.

Start small, by thinking one day at a time, "What can I do today to be kind to myself? What is just one thing I can do to take care of myself?" Mentally, physically, emotionally, spiritually, socially—*we need and deserve to be cared for*. So let's take that step together to do what we can for ourselves and ask one another for support when we cannot.

My Healing Place will be here for you, and we invite you to walk this path with us!

Wishing you a hopeful and revitalizing year ahead,
Brittany Neece
Clinical Director, My Healing Place

[DONATE TODAY](#)

www.myhealingplace.org

