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

The Role of Forgiveness in Grief

BROWN BAG LUNCH & LEARN

led by Lori Pelliccia

FRIDAY JAN. 29TH
12:00 - 1:30 PM

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!

- Support MHP with every purchase!

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
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
"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 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

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