

A Bridge & Beyond

December 2017

AIDS Awareness Month

AIDS Awareness Month is a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services. According to AIDS.gov, more than one million Americans are living with HIV, but one in five of them are not aware they are infected. While the total number of people with HIV in the United States has increased recently, the annual number of new infections has remained relatively stable.

World AIDS Day is important because it reminds us that HIV has not gone away – every 9.5 minutes someone in the U.S. is infected. There is still a vital need to raise money, increase awareness, fight prejudice and improve education. It also serves as a prime opportunity to remind people of how important it is to get tested and to know your results.



For information on where to get tested for free visit : <https://www.freehivtest.net/locations/>

Affordable Care Act Health Insurance



IMPORTANT INFORMATION REGARDING HEALTHCARE

The current administration has almost obliterated advertisement for ACA open enrollment.

Please pass this info along.

- Enrollment for 2018 ACA (Obamacare) started on **November 1 and ends on December 15**. Plans sold during Open Enrollment start January 1, 2018.
- ACA (Affordable Care Act) has a shorter open enrollment period for Health Insurance 2018; the period is **ONLY 45 days** (November 1, 2017–December 15, 2017)

The funds to announce when people can enroll have been cut. Please pass this along to friends, family, clients, and your networks so that people are aware of Open Enrollment.

GET TO KNOW US BETTER!

We would like to welcome our newest Therapist to BRIDGES

Trustart!

Gretchen is excited to be joining the team at Bridges as a therapist. She has lived all over the nation, including Maine and Hawaii, before moving to California in 2004 to attend college at the University of LaVerne. She received her BA in Philosophy/Religion in 2008. After college, she took off several years before returning to grad school in 2016 to pursue her MFT. During that period, she served as a member of the Parliament of World Religions, where she worked with an array of people of different religious and ethnic backgrounds to promote peace and understanding. Gretchen also worked with the Special Olympics as a swim coach serving children and adults with special needs. However, it was not until she became a substitute teacher that she discovered her passion for helping students manage their emotions.



"I am very happy with the work I am doing at this agency. At Bridges, I am not limited to my office, but have access to clients in the field. What makes Bridges an amazing organization to work for is the accessibility they provide to their clients. There are no limitations in how we can serve. As a clinician, I find going into a client's home to be informative. One can learn about family dynamics in a way they cannot behind the confined walls of an office. I am committed to serving our clients at Bridges because they are frequently under-served in our communities. A profound sense of privilege from hearing my client's stories, drives my commitment."

Tips for Managing the Holiday Blues

Many people can experience feelings of anxiety or depression during the holiday season. People who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time.

Extra stress, unrealistic expectations or even sentimental memories that accompany the season can be a catalyst for the holiday blues. Some can be at risk for feelings of loneliness, sadness, fatigue, tension and a sense of loss.

A lot of seasonal factors can trigger the holiday blues such as, less sunlight, changes in your diet or routine, alcohol at parties, over-commercialization or the inability to be with friends or family. These are all factors that can seriously affect your mood.



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

NOW HIRING!

BRIDGES is Expanding Services: We are accepting resumes and hiring immediately for the following rewarding positions:

- Full-Time Outpatient MH **Therapists** (Licensed or BBS Registered Interns)- El Monte and Woodland Hills
 - Bilingual, Spanish is a must for Woodland Hills
- Part Time **Case Manager** – Woodland Hills
- Part time **Parent Partner** - Woodland Hills

In addition, we are always accepting resumes for on-call mental health workers for our residential programs in El Monte and for Canoga Park.

If you or someone you know may be interested, please feel free to contact Linda Gonzalez, Executive Assistant for more information.

You can contact Linda at 909-623-6651 Ext. 110 or lgonzalez@bridgesrehab.org.

[Click here to visit our website](#)

SAVE THE DATE

Marina Del Rey Boat Parade

When

Saturday, Dec. 9th, 6pm

Where

13650 Mindanao Way Marina del Rey, CA

More information

Attendees can enjoy a festive day in the Marina throughout the day.

Free event! Children can enjoy real snow, sledding, arts & crafts, face painting, live DJ, food trucks, and much more.

MOLAA's Community Holiday Festival

When

Sunday, Dec. 10th, 11am-5pm

Where

*Museum of Latin American Art (MOLAA),
Long Beach, CA, United States
Long Beach, CA*

More information

Celebrate the holidays at the Museum of Latin American Art!

Bring the family and enjoy holiday music, workshops, crafts and traditional food, like tamales, champurrado and pan dulce! While you're here, shop for the holidays at MOLAA's Museum Store where you'll find unique, discounted gifts for everyone on your list. We invite the community to get together and participate in the festivities!

★FREE ADMISSION★

Manhattan Beach Holiday Fireworks

When

Sunday, Dec. 10th, 7pm

Where

*Manhattan Beach Pier, Manhattan Beach,
CA, United States
Manhattan Beach, CA*

More information

A snow park with a sledding hill opens at 4 p.m., a jazz band plays at 5 p.m., and the Manhattan Beach Holiday Fireworks go off at 7 p.m.

FREE EVENT

For more info visit: <http://mbfireworks.com/>

CCHC 2nd Annual Toy Giveaway & Health Fair

When

Saturday, Dec. 16th, 10am-2pm

Where

8316 Foothill Boulevard Los Angeles, CA

More information

Join us as we celebrate the Holiday Season by hosting our 2nd Annual

TOY GIVEAWAY & HEALTH FAIR!

During the event, we will be providing FREE brand new toys to over 1000 children ages 0-12. Additionally, we will be also offering free dental and vision screenings for all ages. Come and enjoy a day full of fun activities, music, entertainment and more for your whole family.

This is a FREE community event and is open to the public.

Our celebration will include:

- *Free Toys to children ages 0-12 (while supplies last)*
- *Free Bike Raffles sponsored by LAPD Foothill Division*
- *Free Health Screenings*
- *Free Community Resources*
- *Free Food sponsored by El Pollo Loco*
- *Live Music & Entertainment*

58th Annual L.A. County Holiday Celebration

When

Sunday, Dec. 24th, 12:30pm

Where

135 North Grand Avenue Los Angeles, CA

More information

Choirs, music ensembles, and dance companies from the many neighborhoods and cultures of LA celebrate the season during this free, three-hour extravaganza. Even the parking is free!

Admission is free. No reservations or tickets; first come, first seated.

[Click here to check out our BRIDGES Gallery!](#)

Celebrations



Wishing a very happy birthday to our wonderful staff members with a December birthday!

Priscilla Gibbs
Billing Specialist

Stephanie Giron
Therapist



Thank you for your hard work and dedication, here's to YOU!

Lindsey Griffo
6 Year Anniversary

Resources

Stay patient
and trust
your journey



Storms make
trees take
deeper roots

NAMI

<https://www.nami.org/>

Project Return

<http://www.prpsn.org/>

Los Angeles LGBT Center

<https://lalgbtcenter.org/>

SHELTERS

For information on shelters
in your areas, please visit:

Website

<https://www.lahsa.org/documents?id=1215-wsp-2016-17-shelter-locations-and-transportation-guide.pdf>

Hotline Number

(800)548-6047

EXODUS

Emergency Medication
(323)276-6400

MID VALLEY

Drug Rehabilitation
(626)453-3432

Child Abuse

Phone: (800) 540-4000

Domestic Violence

National: (800) 978-3600
Southern CA: (800) 799-7233

Elder Abuse

Phone: (877) 477-3646

National Parent Helpline

Phone: (855) 424-2736
(M-F 10am-7pm)

Suicide Prevention and Survivor Hotline

Inside LA County:
(877) 727-4747

Outside LA County:
(310) 391-1253
Spanish:
(800) 784-2432



Contact Us

 Facebook  @bridgesrehaborg

Corporate Office (909) 623-6651

El Monte (626) 350-5304

TruStart (818) 657-0411

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 bridgesrehab.org/

