

# A Bridge & Beyond

December 2025-January 2026





### Sharing Best Wishes for 2026 🎁

As we welcome the start of a new year, we take a moment to reflect on the joy, connection, and meaningful moments shared throughout the holiday season. From celebrations and gatherings to everyday acts of kindness and teamwork, the past weeks have reminded us of the strength of our BRIDGES community. Looking ahead, we embrace the new year with renewed purpose, gratitude, and optimism for continued growth, collaboration, and the positive impact we will create together.

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### News from El Monte 📣

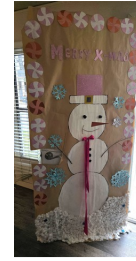
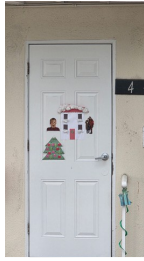
#### Holiday Creativity on Display at Esperanza 🎄🌍

The holiday spirit was on full display at **Casitas Esperanza** as our residential clients participated in a festive door decorating contest, transforming doorways into colorful showcases of creativity, teamwork, and seasonal cheer.

Clients brought their imagination to life with a wide variety of holiday-themed designs, including beloved favorites like *The Grinch*, *The Nightmare Before Christmas*, *Home Alone*, and timeless classics like cheerful snowmen and winter wonderland themes. Each door reflected unique creativity and personal expression, turning everyday spaces into joyful holiday scenes.

More than just a decorating activity, the contest encouraged collaboration, engagement, and community building among our clients, creating a fun and meaningful way to celebrate the season together. Staff and clients alike enjoyed walking around the site to view the displays and admire the effort and creativity that went into each design.

The door decorating contest was a reminder of how shared activities can foster connection, confidence, and joy within our residential community. Congratulations to all participants for their hard work and creativity! ❄️❄️



### Celebrating Connection and Milestones at Tranquilas ❄️❄️

The past two months have been filled with meaningful activities, shared experiences, and important milestones at **Casitas Tranquilas**, as clients and staff came together to celebrate the holiday season and kick off the new year.

Throughout December, our clients also participated in a door decorating activity that ran all month, bringing creativity and holiday spirit into the homes. Winners were announced toward the end of the month, and the winners celebrated with a pizza outing.

Tranquilas also partnered with Esperanza for several festive and community-building events, including a hot chocolate social, holiday games, and a holiday brunch. These shared activities encouraged connection across sites and added to the joy of the season.

Clients enjoyed special outings to the Starlight Theatre in Whittier for movie trips during the holiday season, offering a fun and relaxing way to celebrate together. In January, the focus shifted to new beginnings, with a bowling outing that brought clients together for laughter, teamwork, and friendly competition.

Tranquilas also proudly celebrated a major milestone with the graduation of a client who successfully completed the program. The achievement was honored with cake and a small gathering, recognizing her hard work, dedication, and progress.

These activities reflect the supportive, engaging, and community-focused environment at Tranquilas. Thank you to staff and clients alike for making these moments meaningful and for continuing to build a strong foundation of connection and growth.



## News from West Covina 📣

### Holiday Cheer and Team Connection at Project Independence 🎄🌟

Our **Project Independence** outpatient team in West Covina recently came together to celebrate the holiday season with a festive and joyful holiday party that truly reflected the spirit of connection, gratitude, and teamwork.



We were especially happy to welcome special guests from our QA team in El Monte, making the celebration even more meaningful as teams from different sites had the opportunity to connect, share laughs, and strengthen relationships across programs.

The celebration was also a wonderful opportunity to officially welcome our newest team member, Fred Jabagat, who has joined us as a QA Associate. We're excited to have Fred on board and look forward to the contributions he will bring to our growing quality assurance team.

The event was filled with warmth, great conversation, and holiday cheer; a reminder of the strong community we continue to build across our programs. Thank you to everyone who helped make this gathering such a success and for the continued dedication you bring to our clients and one another throughout the year.

Here's to a new year of collaboration, growth, and continued teamwork! 🎁

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## News from Woodland Hills 📣

### Holiday Luncheon Brings Teams Together in Woodland Hills 🎄👥

Our Woodland Hills holiday luncheon was a wonderful celebration of connection, collaboration, and community, bringing together staff and students from our **TruStart outpatient program** along with members of our **Full-Service Partnership (FSP) team**.



The gathering created a meaningful space for teams to come together outside of daily responsibilities, allowing staff and students to connect, reflect, and celebrate the shared work that unites our programs. It was a reminder of the importance of building relationships not only within teams, but across programs that support our clients in different yet complementary ways.

Laughter, great conversation, and a spirit of appreciation filled the room as colleagues enjoyed the opportunity to strengthen bonds and celebrate the season together. Events like this highlight the strong culture of teamwork and mutual support that continues to grow across our organization.

Thank you to everyone who helped organize and attend this special luncheon. We look forward to continued collaboration, shared success, and another year of meaningful work together in service of our communities. 🌟🌟

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## Monthly Shoutouts 🙌

### December 2025

Happy Birthday and Happy Work Anniversary to our December celebrants! Thank you for all you do. We appreciate you and wish you a wonderful month of celebration!





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## **January 2026**

Happy Birthday and Happy Work Anniversary to our January team members! Wishing you a great year ahead filled with success, growth, and happiness!

# JANUARY

## **BIRTHDAYS**

Zitlally Alvarez

Lizbeth Gonzalez

Jonathan Grayson

Karissa Guzman

Felipe Perez

Mark Rodriguez

Paulina Rojas

# JANUARY

## **ANNIVERSARIES**

Zitlally Alvarez - 3 years

Nancy Martinez - 2 years

Monica Martins - 8 years

Gary Mathis - 4 years

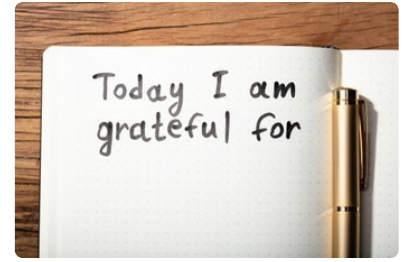
Natalia Mathis - 6 years

Lori Pendroff - 19 years

# Mindful Moment 🧠

## Daily Gratitude 📖

Practicing daily gratitude, even in small ways, can make a powerful difference in our mindset, resilience, and overall well-being. Taking just a few moments each day to reflect on what we're thankful for helps shift focus toward the positive, builds perspective, and supports emotional wellness. One simple habit is writing down **three things you're grateful for each day** – small or big, personal or professional – and making it part of your daily routine.



### Daily Gratitude Practice:

- One thing that made you smile today
- One person you're thankful for
- One positive moment from your day

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## New Year, New You 🌟

### What Are Your Resolutions in 2026?

Exercise more 🏃‍♂️

Eat more vegetables 🥦

Reduce my screen time 📱

Travel someplace new 🌍

Loading...

Pursue a passion project 🎨

Begin a new activity with my kids 👨‍👩‍👧

📅 Voting ends in 25 days

👁️ Votes are anonymous but results are public

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