

# *A Bridge and Beyond*

February 2025-March 2025



***"In spring, at the end of the day, you should smell like dirt."  
Margaret Atwood***

As we transition from winter to spring, we're excited to share the latest updates, highlights, and upcoming initiatives from the past two months. February was filled with moments of connection and creativity, while March brought fresh opportunities for growth, engagement, and collaboration.

In this edition, you'll find key updates, success stories, and important reminders to keep you informed and inspired. Thank you for being a part of our community—let's keep the momentum going into the next season!

## How Spring Got Its Name 🌸 🌱 🌼

- 🌱 The spring season gets its name from the verb "spring." It's a nod to the flowers and plants springing up, springing open, and bursting into blossom.
- 🌼 The word itself comes from the Old English word "springan," which means "to leap, burst forth, fly up; spread, grow."
- 🌸 During the 14th century, the word came to describe the spring season, the time when plants wake from their winter sleep and bloom.
- 🕒 Before that, the word "Lent" was used to describe the season: "In the past it was the main word for 'spring.' Lent surfaced as 'lencten,' that is, 'lengthen': the season got its name because in spring days lengthen." (full article [here](#))



## News from El Monte 📣

### Esperanza's Valentine's Day Paint and Sip Event 🍷 🎨

This Valentine's Day, love and creativity were in full bloom at our special Paint and Sip event, where our residential clients and staff from Esperanza came together for an evening of artistic expression and camaraderie.



The concept of a Paint and Sip event is not just about painting; it's about creating an atmosphere where everyone, regardless of artistic experience, can unleash their creativity and enjoy each other's company. What made this event particularly special was the warmth and enthusiasm shown by our clients and staff alike.

Beyond the artistic journey, our Paint and Sip event provided a platform for meaningful connections to flourish. For our residential clients, it was an opportunity to engage with staff in a relaxed and informal setting, fostering a sense of community and belonging. Conversations flowed naturally, stories were shared, and friendships were strengthened.

As we reflect on this delightful evening, we are reminded of the power of creativity to unite us and the importance of creating moments that matter. We extend our heartfelt thanks to everyone who joined us and made this event a success. Your enthusiasm and participation brought warmth and color to our Valentine's Day celebration.

Looking ahead, we are excited about future opportunities to bring together our community through similar events that celebrate creativity, friendship, and the spirit of togetherness.



## Tranquilas Triumph at the LA Marathon

This month two of our dedicated staff members from Tranquilas, Isela and Steven, showcased remarkable determination and endurance as they successfully completed the 2025 Los Angeles Marathon. Their journey to the finish line was one of dedication, perseverance, and an inspiring commitment to personal and physical growth.

The LA Marathon, known for its challenging 26.2-mile course winding through the heart of Los Angeles, attracts thousands of participants from all walks of life. For Isela and Steven, the race was not just about completing the distance but also about pushing their limits and inspiring those around them.



Beyond the physical challenges, marathon running also brings with it mental health benefits. The discipline and focus required for long-distance running provides a positive outlet for stress management, improved mental resilience, and fosters a strong sense of accomplishment.

Isela and Steven's accomplishment serves as an inspiration to their colleagues and the community. Whether it's in the workplace or on the marathon course, they have demonstrated the power of determination, teamwork, and mental strength.

Join us in congratulating Isela and Steven on this incredible achievement!



## News from West Covina 📢

### New Outpatient Therapy Services Now Available in West Covina



We are excited to announce that our newest location in West Covina is now open and providing comprehensive outpatient therapy services to the community! Earlier this month, we celebrated this milestone with a successful Open House event, welcoming guests to tour our new office and meet our dedicated team.

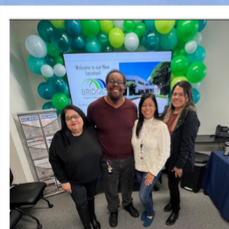
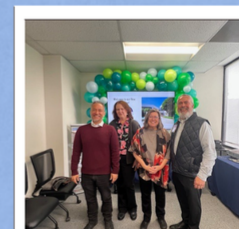
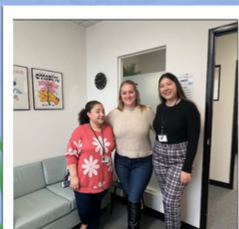
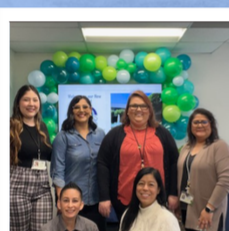
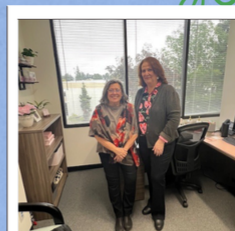
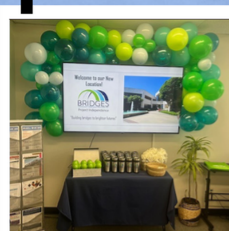
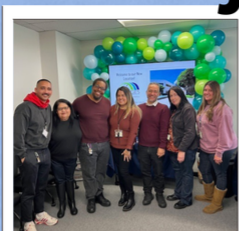
During the Open House, attendees had the opportunity to:

- Tour our new facility and see our therapy spaces firsthand
- Meet our skilled therapists and staff
- Learn more about the services we offer
- Enjoy light refreshments
- Take home some keepsakes

We want to give a special shout out to Jaime Renteria, from Los Angeles County DMH, for stopping by to chat with us! We are grateful to everyone who joined us and supported our launch in West Covina. If you were unable to attend but would like to learn more about our outpatient behavioral health services, we welcome you to visit us or contact us for more information.

For inquiries or to schedule an appointment, please call (626) 219-2400 and our program assistant Tish will be happy to assist. We look forward to serving the West Covina community and surrounding communities by making a positive impact on the lives of those in need.

## Project Independence



## Open House



# News from Woodland Hills 📢

## Helping Eighth Graders Thrive: A Six-Week High School Readiness Program 🌱

Transitioning to high school can be both exciting and overwhelming for students. To help ease this shift, our dedicated case manager Lupe and therapist Jasmine developed a structured six-week program, which will be offered at James Jordan Middle School, designed specifically for eighth graders preparing for this next big step.



Held after school in one-hour sessions, the program tackles key challenges students face when entering high school. Topics include managing anxiety, building organizational and time management skills, effective study techniques, and strategies to combat procrastination. We also introduce students to college preparation basics, relationship-building skills, and goal-setting strategies to lay the groundwork for future success.

What sets this program apart is its interactive approach. Students participate in collaborative brainstorming sessions, exchanging ideas and creating practical solutions to support one another. By fostering a sense of community and shared experience, we empower students to step into high school with confidence and the tools they need to succeed.

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## Coming in April 🌸

### Community Outing to The Japanese Garden

We are excited to invite our **TruStart** clients to a community outing at **The Japanese Garden**! This event will be a wonderful opportunity for our clients to connect, reflect, and share in the serenity of this outdoor haven.

During this outing, our dedicated therapist Megan will lead a guided meditation session, helping participants to relax and fully embrace the tranquil surroundings.

This event promises to foster a sense of community and provide a peaceful retreat, offering our clients a chance to connect with others in a supportive environment amidst the beauty of nature.



# COMMUNITY Outing

Meet us  
**Sunday April 13th**  
**11AM-1:30PM** at  
The Japanese Garden

## Details:

6100 Woodley Ave.  
Van Nuys, CA 91406



**Bring a bagged lunch**

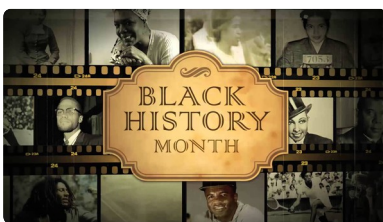
**FREE**

Contact Group Therapist Megan Collins to Register

 818-579-5693

 [MCollins@BridgesRehab.org](mailto:MCollins@BridgesRehab.org)

## February Celebrations 💕



### Celebrating Black History Month: Honoring Legacy and Inspiring the Future

Black History Month is a time to celebrate the rich heritage, achievements, and contributions of Black individuals who have shaped history and continue to inspire progress. From civil rights

leaders like Martin Luther King Jr. and Rosa Parks to trailblazers in science, literature, sports, and the arts, Black history is filled with stories of resilience, innovation, and triumph.

This month is not only about remembering the past but also about recognizing the present and shaping the future. It is an opportunity to highlight the voices and accomplishments of Black communities while continuing the fight for equality and justice.

As we celebrate, let's take the time to educate ourselves, uplift Black voices, and support initiatives that promote diversity and inclusion. Black history is world history—let's honor it today and every day.



[Click here to learn more about Black pioneers in the mental health field!](#)

*Monthly Shout-Outs* 🙌

February Birthdays

JENNIFER CONCEPCION PEREZ  
NANCY GUATEMALA  
SOPHIA HARRIS  
CINDY HERRERA  
LORI PENDROFF  
JACKIE TRUJILLO

# February Anniversaries

SUSIE ASCENCION- 3 YEARS  
TELINA GRACE- 4 YEARS  
NANCY GUATEMALA- 2 YEARS  
ASHLEY JARA- 3 YEARS  
CARLOS PORTILLO- 2 YEARS  
CARMEN ROMAN- 4 YEARS  
JESSICA VALADEZ- 9 YEARS  
JUDI WILLIAMS- 24 YEARS

## March Celebrations 🍀

### **Celebrating Women's History Month: Honoring Contributions and Achievements**

Every March, we celebrate Women's History Month, a time dedicated to recognizing the often-overlooked contributions and achievements of women throughout history. This annual observance serves not only to highlight the pivotal roles women have played in shaping societies worldwide but also to acknowledge the ongoing struggle for gender equality.



This annual celebration has grown into a global movement, encouraging people of all genders to reflect on the profound impact of women in various fields—science, politics, arts, sports, and beyond. It's a time to honor trailblazers who shattered glass ceilings and paved the way for others, providing a platform to educate and inspire future generations by sharing stories of resilience, leadership, and innovation.

Moreover, Women's History Month prompts crucial conversations about the challenges women continue to face today, including wage inequality, underrepresentation in leadership roles, and



systemic barriers to career advancement. By recognizing these issues, we reaffirm our commitment to creating a more inclusive and equitable world for all.

Women's History Month is not just about looking back; it's about celebrating progress and reaffirming our collective dedication to achieving gender parity. It's a time to celebrate diversity, amplify women's voices, and ensure that the contributions of women, past and present, are fully recognized and celebrated throughout the year.

**Yes, We Can! Click to learn about women heroes in mental health!**

### *Monthly Shout-Outs 🙌*





**DENISE MACHICADO- 1 YEAR**  
**DANIELLE PAGAN- 2 YEARS**  
**LUPE PEREZ- 6 YEARS**  
**SHANNON STEIB- 3 YEARS**  
**SHIANNE TORALES- 7 YEARS**

## *Mindful Moment* 🧘

Take a moment to relax and watch this video of spring in bloom around the world.

What Spring Looks Like Around The World







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