



NOVEMBER

Newsletter

November is here! With the holiday season just around the corner, we're excited to share some highlights of what we've been up to this fall. From expanding community services and deepening partnerships to preparing for our upcoming holiday initiatives, this season has been full of meaningful progress and connection. We're grateful for your continued support, and we look forward to celebrating even more milestones together as we close out the year

Upcoming Dates

November 27 – Thanksgiving Day (U.S.,
4th Thursday of November)

November 28 – Native American
Heritage Day (Friday after Thanksgiving)



Wellness Corner



As the year winds down, don't forget to take a few moments for yourself. Try starting a short "gratitude journal" by writing down three things you're thankful for each day. Studies show it can boost mood, reduce stress, and help us stay grounded during busy times.



WELLNESS AT WORK

Our wellness room is always open for staff to unwind and recharge during the day. At Brighter Beginnings, we believe caring for our team's well-being is just as important as the care we provide to our community. Whether you need a quiet moment, a space to reset, or simply a chance to relax, we encourage you to make use of this resource as part of your self-care.



Antioch Clinic Behavioral Health Office

We're excited to share that Brighter Beginnings' Behavioral Health team has expanded! This growth allows us to better integrate behavioral health support into our existing services and provide more accessible care for our patients and families.

We also wanted to take a moment to showcase one of our staff members' offices at our Antioch site, a welcoming space that reflects our commitment to creating safe, supportive environments for both clients and providers.

As our team continues to grow, we remain committed to meeting the needs of our community one step, one conversation, and one family at a time.



Season of Gratitude

Gratitude Wall

This season, we asked staff what they're most grateful for:

"I'm thankful for my family and friends"

"I'm thankful for the gift of family, love, friendship, and work"

"I am grateful for health, shelter, personal growth, and opportunities"

~ This season, we're especially grateful for our dedicated staff, whose compassion and hard work bring hope and care to families every day.

Halloween Celebrations



Our families and staff came together to celebrate Halloween with costumes, crafts, and lots of laughter! It was a joy to see our little ones light up with excitement and creativity. Thank you to our dedicated team for making the celebration so special and memorable for our families! 🎃



As we move into the holiday season, we want to take a moment to recognize the incredible work each of you does. Thank you for showing up every day with passion, care, and commitment to the families we serve. Wishing you and your loved ones a warm, joyful Thanksgiving!

— With gratitude,
The Brighter Beginnings Team

