

»»» SUMMER NEWSLETTER

BOOST YOUR MENTAL HEALTH

Summertime is a great time to work on your mental health! Spend time in nature, increase the dopamine in your brain with exercise, help others, or go somewhere you've never been - all of these activities can help you feel better. Visit <https://mhanational.org/resources/31-tips-to-boost-your-mental-health/> for more information.

MENDED HEARTS

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309-383-4323

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GREAT EGGS-PECTATIONS!

Thanks to a generous client donor, we now have 30 "toddler" (two-month-old) chickens! We'll need our clients' help to tame them and train them to come when called.



We also purchased 40 "baby" chickens - currently about 3 weeks old - and clients will learn how to handle them gently and the value of nurturing and protecting small creatures. Thank you for your generous donations!



Positive Things to Say to Your Child to Build Your Relationship

- Mistakes help you grow and learn.
- Your hard work is more important than being perfect.
- It's OK to be upset; let's figure out how you can feel better in a healthy way.
- You don't have to be like everyone else...you are already perfect.
- What you think and feel is important to me.
- I'm sorry. I love you.
- What would you like to do as a family? Here are some ideas...what do you think?
- How can I help?
- I believe in you.

WE HAVE VENMO!

Pay your bill or donate to help care for our animal partners



venmo

MENTAL HEALTH PEER SUPPORT FOR VETERANS AT MENDED HEARTS IN COLLABORATION WITH WRIGLEY'S WARRIOR

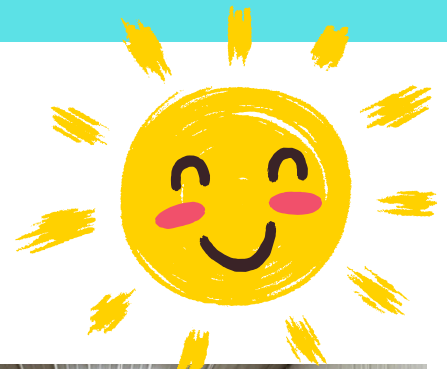
You don't have to carry it alone

Join fellow veterans in a safe, supportive space where your voice is heard, and your experience is honored.

- Peer-led mental health support for individuals and groups for all veterans and their families.
- Confidential, judgment-free environment
- Shared experience, shared strength
- Email WrigleysWarrior@gmail.com or info@mended-hearts.org
- Call Mended Hearts 309-383-4323
- Text 309-214-0332

Help us support those who've served by providing access to these powerful, nature-based programs and to offer healing and restorative therapies including equine-assisted activities, fishing therapy, and more—for veterans and their families in Central Illinois.

Donations appreciated!



GLORIA'S CORNER

Gloria says, "Your best friends don't always look like you." This is a good reminder that sometimes you can find wonderful friends if you're brave enough to be vulnerable and say hello to someone new. Friends come in all shapes, sizes, colors, and economic backgrounds. Real friends don't pressure you into doing things you don't want to do, and they are happy when you do well in school or sports. Good friends appreciate you for who you are, and they make you feel safe.