

Northern Hope Center

January 2021 Newsletter

A Safe Place to Be

northernhopecenter.org

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New Year, New Activities

 NHC started off the year with many new activities. Ranging from working with clay, creating custom soaps, to varying painting days. This is only the start of 2021, as Northern Hope has many plans for the New Year. Be sure to check out our website to see what is instore for February.

Big Birthday Bash

 Towards the end of the month, we celebrated Karen's birthday. The center surprised our Executive Director with decorations, celebratory cake, and a gift from all the members. A small thank you from NHC staff, to celebrate our amazing ED!

Want to donate to NHC?

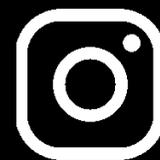
You can donate to NHC via PayPal or check.

Questions? Contact info listed above

Follow NHC on Social Media



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Winter Mental Health Group Online



Fairbank's winter is hard on anyone's mental health. Luckily, you can get support from locals in the community.

On Facebook, there is a group hosting a mental health zoom call. This is where people will discuss their struggles with seasonal depression.

If you are interested in signing up, ask Halle to send you the information.