



Compass Rose News - DECEMBER 2022

Ascending Artists!

December's Featured Artist is Cayla Jai.

Producing music is a natural talent for Cayla Jai. She produces unique electronic lo-fi beats that somehow soothes while energizing you.

Her newest beat, "GC," is currently on YouTube and Instagram - give her follow and support her art!

@cayla.jai



Trevor Project

Help for LGBTQA+ youth in crisis.

"If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free."

Text: **678-678**

Call: **1-866-488-7386**



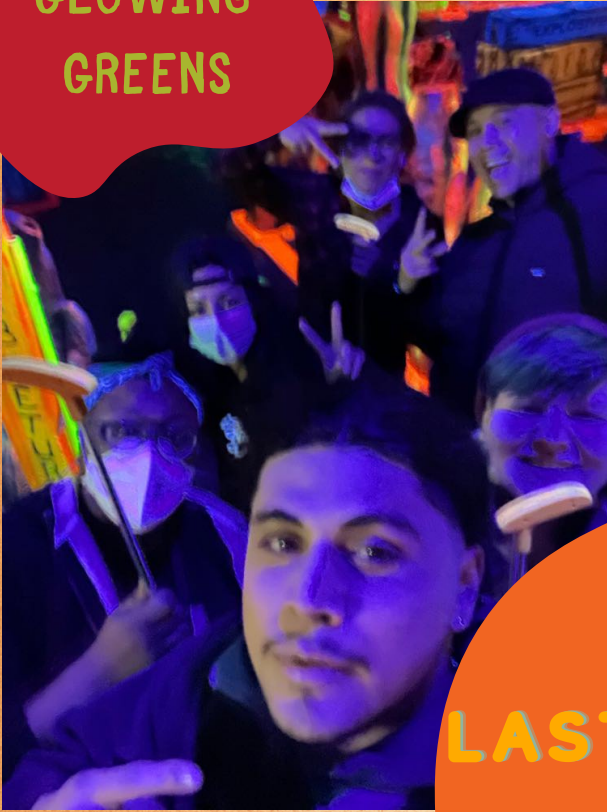
Decorate Your Holidays

The holiday season is tough for many, and no one should have to miss opportunities for celebration.

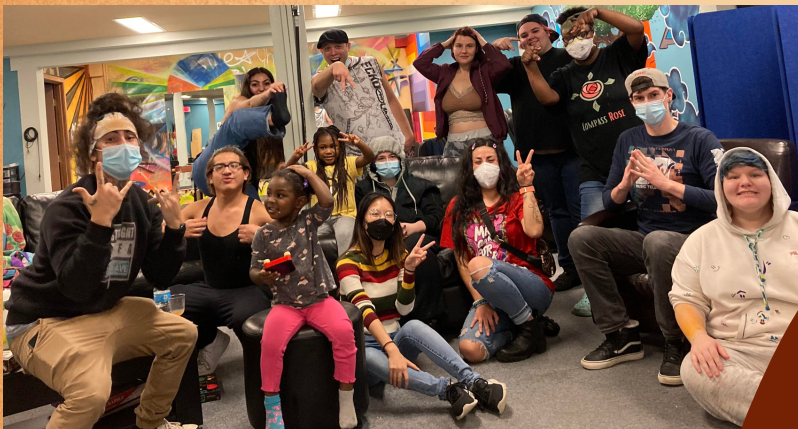
We will be receiving holiday decorations all month - reach out to an Ascending Flow mentor if you're interested in decorating your room. Let's get festive!



GLOWING GREENS



LAST MONTH'S EVENTS



THANKSGIVING

