



NEO COUNSELING
SERVICES

MONTHLY NEWSLETTER

NOVEMBER
2024

Timely Happenings

Welcome to the Newsletter!

The NEO Counseling monthly newsletter will provide you with important updates from within NEO, along with valuable tools to help you navigate the upcoming month. Additionally, we'll highlight exciting local (and free) events to enrich your experience and well-being.

Local - Free Events

Gingerbread Craft Show
November 8th 4pm - 9th 3pm
Mentor United Methodist Church

Spirit of the Season
November 22nd. 5-8pm
Painesville Square

Client Reminders

- Follow us on Facebook!
- Schedule your therapy sessions before our clinicians embark on their festive celebrations.
- Copays are due at time of service.

Coping Skills in November

- Embrace the art of gratitude
- Whip up a delectable pie!
- Revel in the vibrant embrace of autumn leaves
- Chronicle your thoughts in a journal
- Immerse yourself in a book while savoring hot chocolate

Upcoming Days

- National Family Caregivers Month
- Daylight Saving Time End (Nov 3)
- Election Day (Nov 5)
- Stress Awareness Day (Nov 6)
- Veterans Day (Nov 11)
- Survivors of Suicide Loss Day (Nov 23)
- Happy Thanksgiving! (Nov 28)

Healing takes time, and asking
for help is a courageous step —
Mariska Hargitay

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