



MONTHLY NEWSLETTER

JANUARY
2026

Timely Happenings

Adopt the pace of nature: her secret is patience
– Ralph Waldo Emerson

January Focus: Fresh Starts

Without the Pressure

The beginning of the year often comes with expectations to change everything at once. In counseling, we believe meaningful progress happens through small, steady steps. This month, we encourage you to:

- Set intentions, not strict resolutions
- Focus on what feels supportive and manageable
- Practice patience and self-compassion as you settle into routines

Progress looks different for everyone, and all growth counts.

Mental Wellness Tip for the New Year

Try a simple weekly self check-in:

- What went well this week?
- What felt challenging?
- What is one small thing I can do to support myself next week?

These reflections can be helpful to bring into sessions.

Free Local Events

Open Table: Free Community Dinner
January 8th, 5:30pm-7pm
Mentor United Methodist Church
Food, fellowship, and fun!

Mentor Chill Out
January 17th, 1pm-6pm
Mentor Civic Center Complex
Ice rink, sledding, crafts, hot chocolate, etc!

Coping Skills in January

- Give yourself permission to rest.
- Inhale 4, exhale 6.
- Sip a warm drink slowly.
- Wiggle fingers and toes to release tension.
- Write down one small win today.

Upcoming Days

- Mental Wellness Awareness Month
- New Year's Day (Jan 1)
- National Human Trafficking Awareness Day (Jan 11)
- Inauguration Day, MLK JR. Day (Jan 20)
- Maternal Health Awareness Day (Jan 23)
- Lunar New Year (Jan 29)

Client Reminders

- Please inform our office promptly of any changes to your insurance coverage, such as a new provider, updated policy number, or coverage termination, to ensure accurate billing and continuity of care.
- Co-pays and outstanding balances are due at the time of service unless prior arrangements have been made.

Contact Info

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