

# JBS NOVA

## NEWSLETTER



### Highlights

- NOVA Team
- Multi-Family Group
- Community Inclusion
- Upcoming Mental Health Awareness Month



Blossoming into May!

The NOVA team is excited to work with all of our participants.

We encourage you all to contact us as we reach out to provide all support & assistance the best way we can!

Please take a look at our pictures from our Multi-Family Group and community inclusion!



### Self-Care Nugget

I like to laugh  
I like to talk  
I like to dance.

BUT

I like to be still.

In those moments of stillness I am not planning my next task  
worrying about problems  
thinking about what I can not control  
I am still

I am in control, in that moment, the moment before, and the moment to come  
I am whole.

