

June 2023

# JBS NOVA

## NEWSLETTER



### Highlights

- JBS Mental Health Authority celebrates Mental Health Awareness month
- Single Family Groups
- Community Inclusion
- Community Outreach
- Occupational therapy



### Self-Care Nugget

"Positive words build hope, breath by breath.

That hope is for both the speaker and the listener."

**S. Sallin**

Let's continue to fight the stigma in June! This is an exciting time to bring awareness about the importance of taking care of your mental health, increasing self-care, and creating a healthy routine. In the month of May, we focused on providing families with Single Family Groups to promote support around our participants and their families. Here are a few pictures from our Mental Health Awareness Month and community outreach!