



# MID SHORE

## BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

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Resources in Behavioral Health Training, Events, Program Info, News, & More Around the Shore



### Greetings!

This week is all about Inspiration...

In this issue, David Hanscom, MD's *Mental Health is More Critical Than Physical Health* in *The World Around Us*. Next, check out *Processes and People: Food for Thought* with *Hope In The Fight To End Human Trafficking* by Jamie D. Aten, Ph.D.

Finally, flip on over to *Beyond Culture & Diversity: A Walk in Their Shoes* and check out *Building a Network of Hope* by Hannah Harrison.

Click below for the latest edition of "The Steering Wheel" newsletter.

The Steering

# The Steering Wheel

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**“Always be there for others. Always inspire them with your dreams and hope, vision and mission, attitude and aptitude.”**

— Debasish Mridha



Would you like to be featured in our newsletter? Have an upcoming event, workshop, training or conference? How about a question you would like to ask? We are happy to help, please click 'Contact Us' below to send an email to Sherize Urquhart , Marketing & Events Specialist

[Contact Us](#)



Have you checked out our calendar of events? Be sure to visit the site to see what's happening in Behavioral Health.

Interested in registering for an event, training or conference? You can now RSVP right from our events calendar!

[Upcoming Events](#)

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Connect with us

