



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

HAPPY NEW
YEAR

Greetings!

Happy New Year! This issue is the Empowerment issue. January is also Human Trafficking Awareness Month.

In this issue, Michael Fontaine Ph.D.'s *The Epic Battle for Mental Health and Inner Peace* is a must read in [The World Around Us](#). Next, check out [Processes and People: Food for Thought](#) where *Can We Help People from Cultures Other Than Our Own?* by Kenneth E. Miller Ph.D - gives an interesting view of culture.

Finally, congrats to Harriett's House, Inc. and For All Seasons for being featured in the Dorchester Banner. We are extremely proud of the work you do!

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

[The Steering](#)

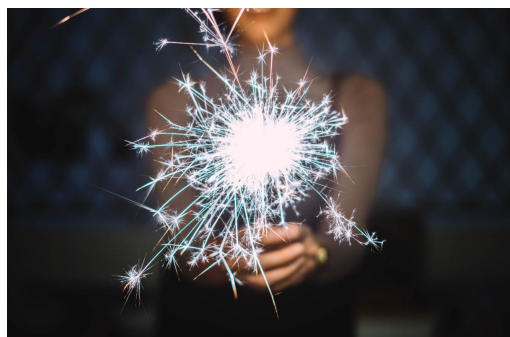
The Steering Wheel

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"Your own words are the bricks and mortar of the dreams you want to realize. Your words are the greatest power you have. The words you choose and their use establish the life you experience."

— *Sonia Croquette*



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](#)

410.770.4801



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