



# MID SHORE

## BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

Visit Our Website

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

### **Greetings!**

TGIF!

In this week's issue, we are stopping to celebrate Excellence! What does excellence mean to you?

Jamie D. Aten PhD's **The Transforming Power of Immigrant Friendship** is a must read in **The World Around Us**.

Don't forget to check out **Take Action to Prevent Staff Vicarious Or Secondary Trauma** in **Processes and People: Food For Thought** by Robin Stricoff, MSW.

Last but not least, stop by Kelsey Borreson's **9 Phrases That Really Bother People With Depression** in **Beyond Culture & Diversity: A Walk in Their Shoes**

Have you heard? MSBH's The Steering Wheel is now on Issuu! You can [check us out here](#) and please, we would LOVE for you to follow us :)

---

Click below for the latest edition of "The Steering

Wheel" newsletter.

## The Steering Wheel



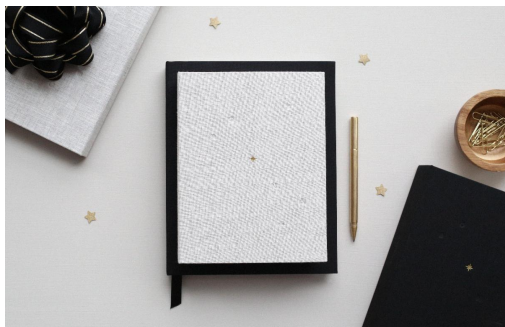
The 2020 Resource Guide is LIVE and on our website! Get your copy here:

## 2020 Behavioral Health Resource Guide



“Supreme excellence consists in breaking the enemy's resistance without fighting. ”

— Sun Tzu



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



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

Contact Us

RSVP right from our events  
calendar!

Upcoming Events



## Mid Shore Behavioral Health, Inc.

28578 Mary's Court, Suite 1  
Easton, MD 21601  
410.770.4801

Connect with us

