



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!

It's Friyaaayyyy!!!

This issue is all about the power of 'Unconditional' - in love, through support, wisdom - anything that resonates with you!

Liz Baker's **America's Mental Health Crisis Hidden Behind Bars** is a must read in **The World Around Us**.

Don't forget to check out **Understanding Intrusive Thoughts** in **Processes and People: Food For Thought** by Melissa Shepard MD.

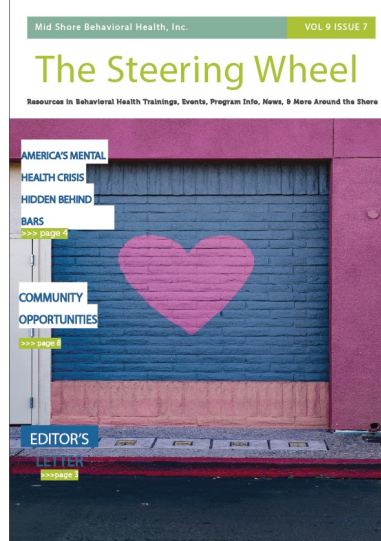
Last but not least, stop by Glenn Geher PhD's **The Social Media Problem** in **Beyond Culture & Diversity: A Walk in Their Shoes**

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



“I would want everyone to love someone in the purest sense of the word - an unconditional love in which you don't expect anything in return.”

— Michael Arden



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



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

email to Sherize Urquhart ,
Marketing & Events Specialist

Contact Us

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

