

A BRIDGE & BEYOND

February 2024-March 2024

Embracing New Opportunities!

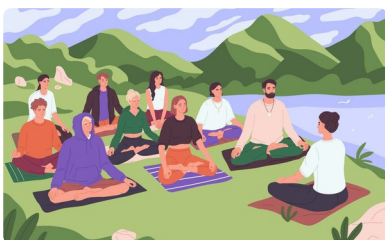
As the vibrant hues of spring paint our surroundings and breathe new life into the world around us, we are delighted to welcome you to our latest newsletter. With the changing of the seasons comes a sense of renewal and the promise of fresh beginnings. It's a time for growth, exploration, and seizing new opportunities.



NEWS FROM EL MONTE 📢

One Client's Achievement

On March 8, International Women's Day, one of our clients at Casitas Tranquilas received her acceptance letter from UCLA for the upcoming fall semester. This client's remarkable achievement stands as a testament to her hard work and dedication. She will begin coursework in biochemistry and is looking into grants and scholarships to assist with tuition. Her growth at BRIDGES is further exemplified by her move to facilitate groups on-site.



Embracing Wellness and Sustainability: A Recap of Our Client and Staff Activities

Weekend Hikes: Nurturing Mind and Body

On weekends, clients and staff embark on invigorating hiking excursions, immersing ourselves in the serene beauty of nature.

Amidst lush forests and sweeping vistas, we find solace and rejuvenation, leaving behind the stresses of the week. The hikes not only provide an excellent opportunity for physical exercise but also fostered camaraderie among staff and clients.

Meditation Sessions: Cultivating Inner Peace

In recognition of the importance of mental well-being, we regularly host meditation sessions for our clients and staff. These sessions offer a sanctuary of tranquility amidst the hustle and bustle of daily life. Participants are encouraged to quiet their minds, focus on the present moment, and cultivate a sense of inner peace. Through mindfulness practices, we aim to reduce stress, enhance clarity of thought, and promote emotional resilience.

Dinner at Shakey's: Celebrating Success Through Sustainability

Following our commitment to environmental stewardship, we recently enjoyed a delightful dinner at Shakey's, courtesy of our recycling efforts. By diligently collecting and recycling materials site-wide, we not only minimize waste but also generate earnings that support sustainable initiatives. Our dinner at Shakey's served as a celebration of our collective achievements in promoting eco-friendly practices and a testament to the meaningful impact we can have when we unite towards a common goal.

NEWS FROM WOODLAND HILLS

New Group Therapy Opportunities

In early March, our clients at TruStart had the opportunity to attend an 8-week psychoeducation and support group with us in addition to individual therapy and case management. We focused on learning about different diagnoses (Depression, Bipolar, Psychosis, trauma & PTSD, etc.) and symptoms. Each week our team taught new coping skills (meditation, box breathing, 54321 grounding technique, art therapy, etc.). Clients had the option to attend weekly in our office or via Zoom.



Mental Health Psychoeducation & Support Group



**IN PERSON GROUPS
TUESDAYS 6PM
OR
WEDNESDAYS 12PM**

**ONLINE GROUP
THURSDAYS 6PM
VIA ZOOM**



Identify Your Strengths

Learn About Your Diagnosis

Practice Coping Skills

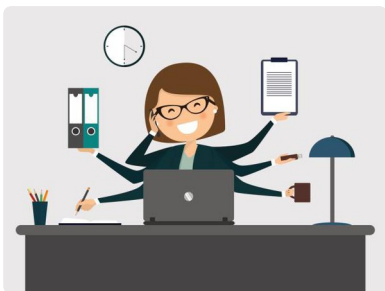
Garner Support From Peers

Meditation & Breathwork

**JOIN US FOR AN 8
WEEK GROUP
FOCUSING ON
MENTAL HEALTH
PSYCHOEDUCATION,
COPING SKILLS, &
SUPPORT.**

20501 Ventura Blvd. Ste 170 Woodland Hills, CA 91364

Megan Collins 818-579-5693 MCollins@bridgesrehab.org



Our New Case Manager!

Congratulations are in order for our Program Assistant Lupe, who was promoted to Case Manager in March! Throughout her tenure as a Program Assistant, she has consistently demonstrated outstanding professionalism, competence, and a genuine commitment to our mission. Her ability to handle tasks efficiently, provide support to both clients and colleagues, and maintain a

positive attitude in the face of challenges has not gone unnoticed.

As she transitions into her new role as a Case Manager, we have full confidence that she will continue to excel and make significant contributions to our team. Her strong organizational skills, attention to detail, and empathy towards those we serve will undoubtedly be invaluable assets in this position.

HELLO

February


February is Black History Month

February is dedicated as Black History Month, honoring the triumphs and struggles of African Americans throughout U.S. history.

BLACK HISTORY MONTH



MONTHLY SHOUT-OUTS 🙌

The background of the top section is a light pink color with several 3D-style pink hearts of various sizes scattered around. A white rectangular box is centered in the upper half of the page, containing the title and a list of names. The title is in a bold, black, sans-serif font. The names are in a smaller, red, sans-serif font and are centered within the white box. Below the white box, there is a horizontal line of small green dots.

FEBRUARY BIRTHDAYS

Daniela Escalante
Nancy Guatemala
Sophia Harris
Cindy Herrera
Megan Madolora
Lori Pendroff
Erica Preciado
Jakelin Trujillo



**FEBRUARY
ANNIVERSARIES**

Susana Ascencion - 2 years

Telina Grace - 3 years

Nancy Guatemala - 1 year

Ashley Jara - 2 years

Carlos Portillo - 1 year

Carmen Roman - 3 years

Jessica Valadez - 8 years

Judi Williams - 23 years



hello
MARCH

March is National Women's History Month

Learn all about the women striving to make a more just and equitable world!

Women's
**HISTORY
MONTH**
MARCH 2024





MARCH BIRTHDAYS

**MEGAN COLLINS
ALEJANDRA HENDERSON
JOSEPH KAVUMA
CINDY LUNA
GARY MATHIS
NATALIA MATHIS
GRIZELDA MERCADO
JESSICA VALADEZ**



MARCH ANNIVERSARIES

DANIELLE PAGAN ~ 1 YEAR
GUADALUPE PEREZ ~ 5 YEARS
SHANNON STEIB ~ 2 YEARS
SHIANNE TORALES ~ 6 YEARS

SURVEY RESULTS

Healthy Coping Strategies

In the last newsletter, we included a survey of 4 questions to gauge the positive coping strategies that are most utilized by our community. Here are the results!

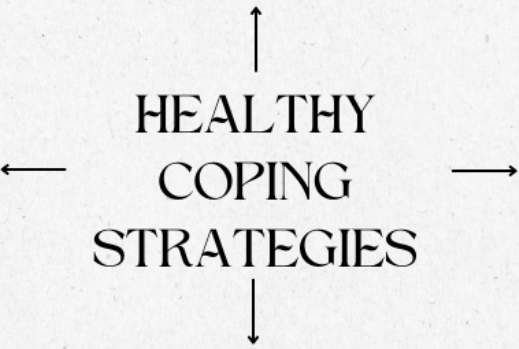
TALK IT OUT
83% of voters said that talking to someone helps them when they're upset.

PATIENCE
60% of voters said that when they're experiencing stress, it's important to remember to take it one day at a time.

MUSIC THERAPY
60% of voters said listening to music helps them when they're feeling lonely.

LOOKING FORWARD
50% of voters said their goal is to take care of their own health in this new year.

**HEALTHY
COPING
STRATEGIES**



MINDFUL MOMENT 🧘

The seeds we sow
in the mind will
eventually flower
and blossom.
Be mindful of
what you plant.



SAFETY CORNER

SOLUNA- mental health resource

As we navigate through our daily challenges, it is important to prioritize our mental well-being just as much as our physical health. Whether you are seeking professional guidance, self-help techniques, or simply looking for a supportive community, there's something for everyone.

Remember, it's okay not to be okay, and seeking help is a sign of strength, not weakness. Prioritize self-care and reach out if you need support.

 soluna

Your space to be **you.**

What is it?

Soluna is a free mobile app with resources and tools to support your own mental health journey.

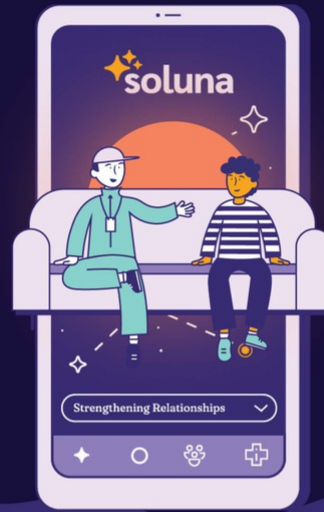
No cost.

No pressure.

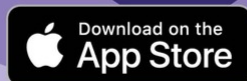
Always anonymous.

How do I use it?

Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more. You choose!







Or scan here to get started



YUMMY FOR THE TUMMY 😊

CHICKEN PRIMAVERA



INGREDIENTS

- 2 boneless skinless chicken breasts (1 1/4 to 1 1/2 lb.) cut into 1-inch cubes
- 2 1/2 tsp. salt
- 2 tsp. ground black pepper, plus more for garnish
- 4 tbsp. butter, divided
- 1/4 c. olive oil
- 16 oz. dried short pasta, such as penne or rotini
- 1 32-oz. container chicken broth
- 3 carrots, thinly sliced (about 2 cups)
- 2 c. asparagus pieces, about 1-inch long, from 1 bunch (woody stems removed)
- 1 1/2 c. fresh/frozen peas
- 2 c. cherry tomatoes, halved
- 6 garlic cloves, grated
- 1 1/2 c. freshly grated parmesan cheese
- 1 lemon, zested then cut in half
- 1/2 c. chopped fresh basil, more for garnish

DIRECTIONS

- Season the chicken with 1 1/2 teaspoons of the salt and 1 teaspoon of the pepper. Add 2 tablespoons of the butter and all of the olive oil to a large Dutch oven or pot; heat over medium-high heat.
- Add the seasoned chicken to the pan. Cook, stirring occasionally, until the chicken is lightly browned all over, about 5 minutes. Use a slotted spoon to transfer the chicken from the pan onto a plate and set aside.
- Add the pasta to the pan; stir to coat it in the oil mixture. Add the broth and 2 cups of water and bring to a simmer. Reduce heat to medium or medium low to keep it simmering for 6 minutes, stirring occasionally to prevent sticking.
- Stir in the carrots, asparagus, and peas. Cover the pot and let cook until the pasta and vegetables are just tender, about 4 minutes.
- Uncover the pot. Add the tomatoes, grated garlic, and cooked chicken to the pan. Cook, stirring occasionally, for about 2 minutes to reheat the chicken.
- Remove from the heat and add the remaining 2 tablespoons butter, parmesan cheese, lemon zest and juice, and the remaining 1 teaspoon each of the salt and pepper; stir to combine.
- Stir in the basil just before serving. Top each serving with more parmesan and basil, if you like.

Recipe by The Pioneer Woman

LOCAL EVENTS

PARKS AFTER DARK

Led by the Department of Parks and Recreation, Parks After Dark is a collaboration of multiple LA County departments and agencies to invest in community-based strategies that provide access to free recreation and resources for youth and adults, helping to build resilient communities and prevent youth from becoming involved in the criminal justice system. Parks After Dark keeps parks open late during summer weekend evenings at parks in unincorporated communities of Los Angeles County and offers a variety of free activities for people of all ages.

LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

LOS ANGELES COUNTY
DEPARTMENT OF PARKS & RECREATION

SPRING PAD

PARKS AFTER DARK
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

Parks After Dark is back for the 2024 spring season! Enjoy FREE activities at 34 LA County parks! Join us for concerts, movie nights, fitness and wellness activities, food, games and more!

MARCH 21 - APRIL 13 | **FREE!**
6-9 PM

TO VIEW THE FULL SCHEDULE VISIT:
PARKS.LACOUNTY.GOV/SPRINGPAD

Hilda L. Solis
LOS ANGELES COUNTY BOARD OF SUPERVISOR

Holly J. Mitchell
LOS ANGELES COUNTY BOARD OF SUPERVISOR

Lindsey Horvath
LOS ANGELES COUNTY BOARD OF SUPERVISOR

Janice Hahn
LOS ANGELES COUNTY BOARD OF SUPERVISOR

Kathryn Barger
LOS ANGELES COUNTY BOARD OF SUPERVISOR

LAC Women and Girls Initiative Leadership & Wellness Summit

The mission of the Women and Girls Initiative is to establish Los Angeles County as a leader in creating opportunities and improving outcomes for all women and girls. The WGI is here to listen to the women and girls of Los Angeles County and ensure access to the resources necessary to attain their definition of success. By adopting and implementing best practices, the County drives the permanent culture shifts necessary to improve how we serve women and girls.

PLEASE JOIN THE
LACDMH Anti-racism, Diversity and Inclusion (ARDI) Division
AT THE

Women and Girls Leadership and Wellness Summit

March 30, 2024

11 AM – 3 PM

EVENT DECK at LA LIVE

1005 Chick Hearn Ct Lot W, Los Angeles

Don't miss this engaging event, featuring:

- **Resource booths** from the LA County Department of Mental Health, local nonprofits & women's pro LA sports teams (11 AM-1 PM)
- **Career & pathway discovery** with women in leadership roles (11 AM-1 PM)
- **Wellness activities** (sound baths, tarot/palm analysis, breath work, guided meditation) (11 AM-1 PM)
- **Catered lunch**, courtesy of Wolfgang Puck (12 PM)
- **Panel discussion** moderated by Born This Way Foundation's Shadille Estepan (1 PM)
- **Meet & greet** to discover unique career opportunities & options for success (2:30 PM)



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



Purpose Driven
SOLUTIONS

CalMHSA
California Mental Health Services Authority

COMING UP! 

APRIL IS
AUTISM
ACCEPTANCE
MONTH

*Embracing
neurodiversity*

Magellan
HEALTHCARE.

Neurodiversity involves acknowledging and valuing the diverse ways our brains work. Neurodivergent individuals experience, interact with and interpret the world in distinctive ways. When we appreciate and celebrate neurodiversity, we cultivate inclusive communities that allow neurodivergent individuals to thrive.

MAY IS
**MENTAL
HEALTH
MONTH**

May is Mental Health Month, and we're excited to be part of this important initiative. This is a time to prioritize self-care, raise awareness, and foster supportive environments for mental well-being. To commemorate this month, we'll be sharing a range of activities our clients and staff participated in throughout the month.

Contributors to this newsletter include Lizbeth (Project Independence), Megan (TruStart), and Nicole (Executive Assistant).

   **DONATE HERE**  

Support BRIDGES, Inc. by making a donation that directly impacts the lives of our clients. Your contribution ensures essential services reach those in need, fostering positive change & providing support to those facing challenges.

CONTACT US!

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Smore

