



### **Message from our Director:**

I hope this message finds you well and enjoying the changing weather. Being able to go outside and enjoy what nature has to offer is always healing to me. These continue to be difficult times, and it is important now, more than ever, to stay connected and stay safe. We can accept and adapt to the changes or we can resist. The seasons will change regardless.

We continue to live with a great deal of uncertainty around our health, our work, and what the fall and beyond will look like. This contributes to stress levels and a sense of isolation. We have restrictions on who we can see, how we can interact and where we can go, all in the interest of keeping ourselves and others safe. Those of us interested in prevention know how very important creating and maintaining safety is.

There are many valuable resources on our web site and out there on the internet for information on health and safety, self-care and support. Many services and supports both at BRiDGES and in the community are being delivered virtually and by telephone with face to face when necessary. We continue to provide information and referral services for those concerned about an alcohol, tobacco, drug or problem gambling issue. We have educational presentations, support groups, even a Parenting Group! Support is an email or a phone call away.

Self-care is more important than ever. If we don't take care of ourselves, we are not going to be fully available to others. Look on our web site for more information.

[www.bridgescouncil.org](http://www.bridgescouncil.org).

Stay safe, stay well,

Susan