

Message from our Director:

I hope this newsletter finds you well and enjoying the changing of the seasons. The beautiful colors, the crisp air, and the extra layers all signal that it is time to let go of one season and embrace the next. Of course, this change happens every year; it is expected.

The changes we have faced since March of this year have been unexpected, dramatic, and often unwanted. I find that the Serenity Prayer has been very useful lately. Serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. I need to wisely spend my physical and emotional energy on the things that I *can* do, the things I *can* change.

We continue to live with a great deal of uncertainty around our health, our work, and what the future will bring. We have restrictions on who we can see, how we can interact and where we can travel, 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. Our EAP is busy serving companies and their employees. We have educational presentations, support groups, even a Parenting Group available for you. Support is an email, a Zoom, 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.

Stay safe, stay well,

Susan