

The Counseling Center Monthly Happenings



NOVEMBER 2022

NOVEMBER IS A MONTH TO



See page 3 for more info about being thankful & grateful!



NOVEMBER EMPLOYEE SPOTLIGHT *Nadia Sikes*

Nadia is the Community Rebuild Coordinator, a position funded by Con Alma Health Foundation. She works in collaboration with many existing community partners of Otero County to optimize the use of resources, build upon the strengths of agencies, and identify & problem-solve in our community one issue at a time. Nadia works diligently to connect people in need with resources whether they are food or shelter insecurities, transportation, or simply giving words of encouragement! She is usually in the mix of almost every helpful event or outreach project within the community. That is why our hats are off to Nadia this month. She is truly a blessing to this community and we are thankful for all she does!

Quote of the Month:

*"Be present in all things,
and thankful for all things!"
- Maya Angelou*



Community Rebuild Corner

Alamogordo's Day of Hope, scheduled for November 5th from 10a.m. to 2p.m. at Mountain View Church, 1300 Cuba Ave, is in the final planning stages! Thirty Community Partners are slated to be on hand to provide tangible services and resources such as cell phones, tablets, counseling, veterinary care, housing information, assistance with applications for Medicaid, vision screening, vaccinations and lunch to individuals and families who need help. This event is free and will focus on unsheltered individuals and families. Please spread the word - if you or someone you know can avail themselves of the services and resources at the Day of Hope, please attend.

The Community Rebuild Coordinator, in partnership with FEMA, continues to provide limited emergency food and shelter to homeless/unsheltered people. Please call Nadia Sikes at (575)921-1667 for more information.



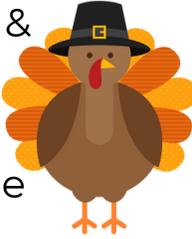
Free Tutoring!

We offer free tutoring services for ages 10-17!

Contact Wendy at wvera@tcc-nm.org for more information.

Holiday Closure

Our office will be closed Thursday, November 24 & Friday, November 25 to allow our staff time with their families for the Thanksgiving Holiday.



CBPIR Blurb of the Month...

EVERYTHING WE ARE AND WE MAY BECOME TOMORROW, IS ALL FOR THE SACRIFICES OUR PARENTS MADE FOR US.

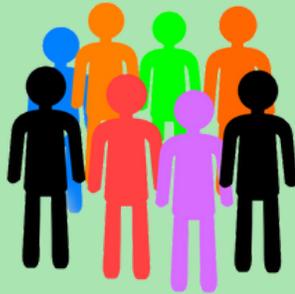
Parents when the world closed its doors on your children, be the open arms for them. When people shut their ears to children, open your hearts for their voices to be heard.

Parents, be the unconditional love your children need to be thankful for during the month of November.

A big thank you to all the moms, dads & guardians in the world!

The Counseling Center Groups

- MINDFULNESS TOOLBOX
- RECOVERY GROUP
- BODY/BRAIN GROUP
- LGBTQIA* ADULT GROUP
- LGBTQIA* YOUTH GROUP



CALL US TODAY TO SAVE YOUR SEAT IN THESE WEEKLY GROUPS!

TCC Food & Clothes Closet!



WE ARE NOW ACCEPTING CLEAN/GENTLY USED CLOTHING AND NON-PERISHABLE FOOD ITEMS FOR OUR UPCOMING FOOD & CLOTHES CLOSET!



Donations can be dropped off at the front desk

TCC November Birthdays!

LEE SIMMONS, LCSW - NOVEMBER 12

JOIN US IN SAYING HAPPY BIRTHDAY TO OUR AMAZING STAFF!

"They say it's your birthday!"

Overdose Prevention

ARE YOU FULLY STOCKED WITH NARCAN & DETERRA BAGS FOR THE HOLIDAYS?

COME SEE US TODAY TO GET YOUR FREE OVERDOSE PREVENTION ITEMS!



@OteroPDOPS



Thankful, Grateful, & Blessed! By: Michele Horrell

As we think about the upcoming season of Thanksgiving and Christmas, I hope that we will each take a moment and realize how much we each have to be thankful & grateful for! As I was thinking about this topic, I had a realization that most people don't take time to have a moment of gratitude. There are several published articles and journals that have shared the benefits of gratitude. There are so many positive benefits of gratitude and its impact on our day to day life.

Here are just a few:

- **Emotional:** Happier, Positive Emotions and Increased Self-Esteem
- **Social:** Increased Friendships, Increased Social Supports, Enhances Empathy, and Strengthened Family Relationships in time of stress and grief
- **Personality:** More Optimistic, More Giving, Decreased Materialism, and Increased Optimism
- **Career:** More Effective Managers, Reduced Impatience, Increased Decision Making, Reduced Turnover, and Reduces Stress
- **Health:** Decreased Depressive Symptoms, Increased Sleep, A Release of Oxytocin, Decreased Blood Pressure, and Increased Overall Health

We all have so many blessings and I am going to challenge each of us to take a moment each day and focus on the positives and notice the little things that bring a smile to our faces and touch our hearts. One way is to track your gratitude. Set aside time each day to think back over your day and write down your thoughts for the day.

I WANT TO THANK THE TCC STAFF WHO SHARED WHAT THEY ARE THANKFUL FOR:

- **SHAWNA STATED SHE IS THANKFUL THAT WHEN GOD CLOSES ONE DOOR, HE OPENS A BIGGER AND BETTER DOOR AS LONG AS WE KEEP OUR FAITH IN HIM.**
- **KEITH STATED HE IS "THANKFUL FOR ALMOST EVERYTHING, I HAVE MY HEALTH, I HAVE PEOPLE AROUND ME DAY AND NIGHT THAT CARE FOR ME AND TREAT ME AS IF WE WERE ONE BIG FAMILY"**
- **AUTUMN SAID SHE IS THANKFUL & GRATEFUL FOR ALL THE SMALL THINGS. SHE IS GRATEFUL FOR LAUGHTER, LOVE, HAPPINESS, AND FOOD. SHE'S THANKFUL FOR LIFE!**
- **DEE SAID SHE IS THANKFUL HER FAMILY, HER FRIENDS, AND HER WORK!**
- **SUSAN SAID SHE IS THANKFUL FOR GOD, SHE IS BLESSED TO BE WORKING AT TCC, AND BLESSED TO HAVE HER FAMILY & GREAT FRIENDS!**
- **SHEREL SAID SHE IS THANKFUL FOR THE BLESSINGS THE LORD HAS PROVIDED**
- **NADIA SHARED SHE IS "GRATEFUL EVERY DAY FOR FAMILY, FRIENDS, HER HOME, AND THE ABILITY TO PROVIDE FOR MY NEEDS AND TO WORK WITH PEOPLE WHO GENUINELY CARE"**
- **JAMES STATED HE IS THANKFUL FOR HIS JOB, HIS FAMILY, AND JUST LIFE IN GENERAL**
- **KIM I AM THANKFUL FOR GOD'S MERCIES, GRACE AND BLESSING EACH DAY AND LOVING AND SUPPORTIVE FAMILY AND FRIENDS.**
- **ROBERT IS THANKFUL FOR FELLOWSHIP & HUMOR!**
- **LEE SHARED HE IS THANKFUL FOR HIS FAMILY, HIS FRIENDS, & HIS WORK COLLEAGUES!**

Some other ways to express one's gratitude are to write a letter to let someone know that you appreciate them. Take a walk and focus on one's environment, taking notice of the flora and fauna of this beautiful part of the world we live in. Surround yourself with visual reminders of people, places and memories that speak to your heart.

Finally, a wonderful activity to do with family is the Dinner Table gratitude activity. As many families gather together on Thanksgiving and Christmas, it is a perfect time to share things they are grateful for. Honestly, it can be good to do this at any time of year. To make this activity a little bit more interactive, you can play a Gratitude Game. All you need is a bowl of M&Ms. Everyone reaches into the bowl to grab one M&M. Then, based on the color you pick, you share one of the following things:

- **Brown:** Someone you are grateful for
- **Yellow:** Something you are grateful for
- **Green:** Somewhere you are grateful for
- **Red:** Anything you are grateful for that starts with the first letter of your name
- **Orange:** A food you are grateful for
- **Blue:** An experience you are grateful for

You can do as many rounds as you like! (And, as a bonus, you can also eat the M&Ms at the end.)

In the words of the famous philosopher, Piglet, "Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." Let's fill our hearts with gratitude this Thanksgiving season and carry it on throughout the year.

- **KENNY SHARED THAT HE IS THANKFUL FOR FAMILY AND FRIENDS, A ROOF OVER HIS HEAD AND ALL THE PAST MISTAKES THAT HE HAS LEARNED FROM.**
- **CECE SHARED SHE IS "GRATEFUL FOR MY SON AND FAMILY FIRST AND FOREMOST, BUT ALSO GRATEFUL FOR CHILDREN'S GIGGLES, COZY FLUFFY SOCKS, CARAMEL, AND MY DOGGIE, SHYLA"**
- **BRIDGETTE SHARED THAT SHE IS THANKFUL FOR THE OPPORTUNITY TO WORK HERE, HER DAUGHTER, HER GRANDDAUGHTER & HER FAMILY.**
- **JOHN STATES HE IS GRATEFUL FOR HEALTH, FAMILY, AND THE FUTURE.**
- **LUKAS THANKFUL FOR THE OPPORTUNITY TO DO WORK THAT ENGENDERS WELLBEING IN MYSELF AND OTHERS. GRATEFUL FOR MY SERVICE DOG!**
- **SHERRY STATED THAT SHE IS THANKFUL FOR HER CHILDREN, HER GRANDCHILDREN, AND RAINBOWS.**
- **SENA STATED SHE IS "GRATEFUL FOR THE GIFT OF LIFE AND GETTING TO OPEN MY EYES EACH MORNING"**
- **ROBYN STATED THAT SHE IS GRATEFUL FOR HER BEAUTIFUL CHILDREN, LOVING SPOUSE AND WONDERFUL JOB.**
- **WENDY SHARED SHE IS GRATEFUL FOR HER JOB, HER KIDS, AND THANKFUL FOR LIFE.**
- **MICHELE STATED SHE "IS TRULY THANKFUL FOR MY HEALTH, FAMILY (BIOLOGICAL AND OF THE HEART) & THAT I HAVE BEEN GIVEN A CURIOUS MIND THAT SEEKS TO LEARN & EXPERIENCE"**

