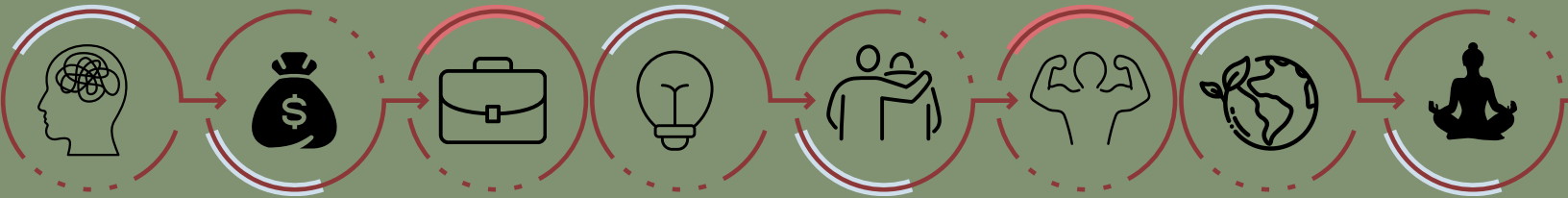


Waves Of Wellness (WOW!)

Newsletter

THIS JUST IN!!!



8 Dimensions of Wellness

- Emotional
- Financial
- Occupational
- Intellectual
- Social
- Physical
- Environmental
- Spiritual

PEER SUPPORT

Our wellness navigators help individuals create goals around the 8 dimensions of wellness.



Wellness Navigators offer assistance with...

- advocating
- developing skills
- linkages to resources
- navigating the mental health system
- developing routines
- paperwork assistance
- community integration

**For more information:
Office: 609-652-3800**

**Support Service Coordinator:
609-566-9959
emccall@mhanj.org**

EMOTIONAL WELLNESS

Emotional Wellness and Valentine's Day

After the last couple months of 2023 being overwhelming with the holidays, we only get a short break before new ones roll in. The month of February can be a difficult time for many as it is often associated with Valentine's Day. For various reason from being single, mourning the loss of a loved one, or not happy with the status of the relationship, Valentine's Day can bring up a lot of negative emotions. However, Valentine's Day can be celebrated in many different ways! It is a day about love and that love can be all about self love! Check out some tips on how to make the most out of your Valentine's day.



HOW TO MAKE THE MOST OF VALENTINE'S DAY

BUY YOURSELF FLOWERS AND CANDY!

THERE ARE NO RULES THAT SAYS YOU CAN'T!

PLAN A FUN NIGHT OF SELF CARE!

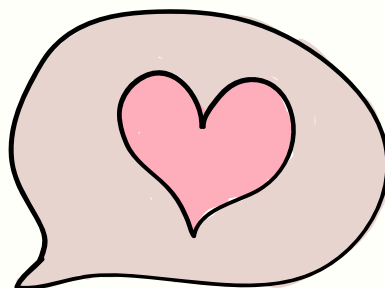
WATCH YOUR FAVORITE MOVIE AND SET UP A BUBBLE BATH.

LIST/ JOURNAL ABOUT ALL THE THINGS YOU LOVE ABOUT YOURSELF!

PLAN A FUN NIGHT WITH YOUR SINGLE FRIENDS!


SINGLE DOES NOT MEAN YOU HAVE TO BE ALONE.

To read story's of self love submitted by consumers, click [here!](#)



To submit your own self love story email

unitedbywellness@mhanj.org

 609-652-3800

 mhaac.info

 mhaac@mhanj.org

Bre's

WAVES OF WELLNESS WOW

WOW

Bre, (MHAAC's Big Boss) would like to remind everyone of all the benefits of going outside even during the cool winter weather.

!Important reminder! Do not stay outside for too long in freezing temperatures and bundle up as much as you can!!!



Getting Outside!

- Boosts serotonin
- Vitamin D
- Important to be active
- Improve immune system
- Opportunity to be mindful and aware of senses.

On Wednesday January 10th, MHA Atlantic's Living In the Moment Group hosted Kintsugi.



Below: The members who participated: Yvonne Tran, Walter Miller, Emily McCall, Donald Gisino, and group facilitator Zana Rexhepi



Kintsugi is the Japanese art of putting broken pottery pieces back together with gold – a metaphor for embracing your flaws and imperfections.

"I really enjoyed Kintsugi it was not only an art project but it encompassed your well-being. You can be broken but you can be put back together. The project was a metaphor for your well-being." -Walter Miller, member of Living in the Moment.



Meet the facilitator of Living in the Moment, Zana Rexhepi!

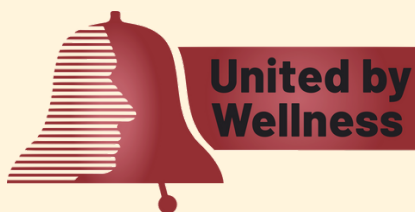
**No insurance required. No cost.
All groups are peer-led**

**Quick and easy way to connect
to groups!**

Scan this QR code to sign up
for United By Wellness.
Once registered, participants
receive links to join groups via email



Offered by
The Mental Health Association
(local office in Galloway)



*PLEASE ALLOW FOR 2-3 BUSINESS DAYS FOR LINKS TO ARRIVE BY EMAIL



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

Since 1983

**Individuals
Concerted in
Effort**

Wellness Program

MHA IN-PERSON GROUPS

**PLEASE CONTACT YVONNE TRAN FOR MORE
INFORMATION 609-652-3800 EXT. 0304
YTRAN@MHANJ.ORG MHAAC.INFO**

Better Together

Mondays 4pm - 5pm
Oceanside II Family
Success Center
3201 Atlantic Ave,
Atlantic City, NJ 08401

Expressions (HYBRID 1st & 3rd)

****This group occurs in
person and on zoom
simultaneously****

Tuesdays 11am - 12pm
Mental Health Association
in Atlantic County
4 E Jimmie Leeds Rd #8,
Galloway, NJ 08205

Got Stress

Wednesdays 9am - 10am
John Brooks Recovery
Center
660 Black Horse Pike,
Pleasantville, NJ 08232
**For more information,
please contact Emily
McCall
(emccall@mhanj.org).**

Living in the Moment

Wednesday 10:30am -
11:30am
Mental Health
Association in Atlantic
County
4 E Jimmie Leeds Rd #8,
Galloway, NJ 08205

Wellness Bulletin Board

AT THE LIBRARY

Yoga,
Creative Rubberstamping,
Crochet Club,
Writer's Meet Up,
Movie Matinee,
Book Club, Chess Club, Family Game
Night,
Murder Mystery Game,
DIY Snowy Mason Jar,
Senior Crafts,
Tech help by appointment

Call your local branch or check
online for the full calendar of events



EDWIN B. FORSYTHE NATIONAL WILDLIFE REFUGE

Trails and Wildlife Drive!
723 Great Creek Road, Galloway
Open 7 am to 5 pm daily

REMINDER

Choose to work on a dimension of
wellness that could use more attention

PHYSICAL

ENVIRONMENTAL

EMOTIONAL

SPIRITUAL

FINANCIAL

SOCIAL

INTELLECTUAL

OCCUPATIONAL

ART GALLERIES

Noyes Art Garage of Stockton University
"Ducktown: An Atlantic City Immigration Story"
2200 Fairmount Ave., AC
609-626-3805

Stockton Art Gallery
"Dwell & Dusk: The Incredible Mundane"
Galloway Campus - L Wing
Use parking lot 5, 6, 7
609-652-4214

Hammonton Arts Center
30 Front Street
"Magical World" Artist Gary Erbe exhibition
609-626-3840

