

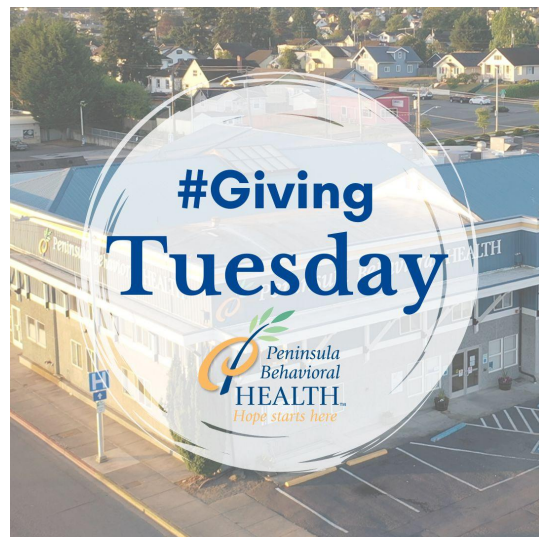
December 2024 Newsletter

Peninsula Behavioral Health's mission is to provide quality comprehensive behavioral health services to the residents of our community.

Giving Tuesday

This #GivingTuesday, December 3, 2024, let's make mental health a priority! Giving Tuesday represents one of Peninsula Behavioral Health's biggest fundraising opportunity *of the entire year*. Your support can help us provide life-changing behavioral health services to those who need it most. Together, we can create brighter tomorrows.

[Donate to PBH](#)



North View Groundbreaking Ceremony *December 6th*

We are delighted to invite you to the Groundbreaking Ceremony for our new 36-unit permanent supportive housing project, North View. This exciting initiative represents a significant step forward in our commitment to providing safe,



stable, and affordable housing for those in need. Join us as we celebrate this milestone with community leaders, partners, and neighbors. Together, we'll kick off the construction of a project that will provide hope and opportunity for our community members.

What: North View Groundbreaking Ceremony

When: Friday, December 6, 2024

Time: 12:00 PM – 1:00 PM

Where: 138 W. 2nd Street, Port Angeles (Corner of 2nd St. and Oak St.)

We will have a limited selection of free warm clothes, gloves, blankets, hats and other winter items available.

Representatives from partner organizations will be here:

- North Olympic Healthcare Network (NOHN)
- First Step Family Support Center
- Molina Healthcare
- Peninsula Behavioral Health
- And More!



Get Ready for Winter December 6th, 9am-12pm

Join us at the “Get Ready for Winter” event at Sequim Food Bank (144 W. Alder Street, Sequim) on Friday, December 6th from 9am-12pm. There will be a limited selection of free warm clothes, gloves, blankets, hats and other winter items available.

Winter Creative Group

Explore Coping Skills Through Creativity



Wednesday, December 11th 2:30pm - 4:00pm

Wednesday, December 18th 2:30pm - 4:00pm

Wednesday, January 8th 2:30pm - 4:00pm

Wednesday, January 15th 2:30pm - 4:00pm

*Dec 11th & 18th
Jan 8th & 15th*

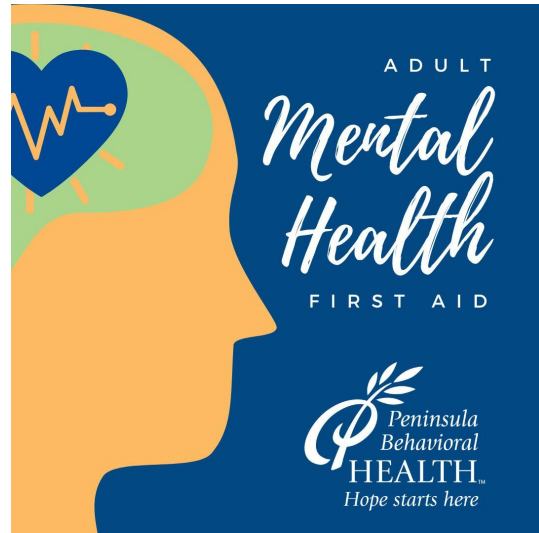
Explore coping skills through creativity by participating in PBH's Winter Creative Group on December 11th, 18th or January 8th or 15th. Classes will be held from 2:30pm-4pm at PBH's office located at 118 E. 8th Street in Port Angeles. Call (360) 457-0431, option 6 to register.

Adult Mental Health First Aid Trainings *December 13, 2024*

Join us for the final Adult Mental Health First Aid Training scheduled for 2024! The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health-related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

When: December 13, 2024, 9am – 4:30pm

Where: Trinity United Methodist Church, Sequim, WA



[Email Kelly Griffith to Register](#)
or call (360) 457-0431

December Office Closure *December 25th*

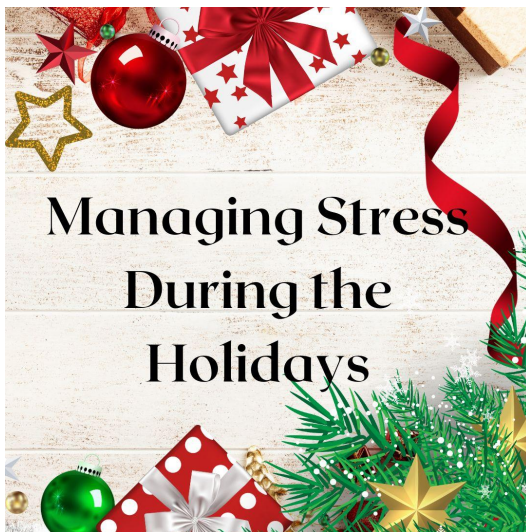
PBH's offices will be closed on Wednesday, December 25th for the holiday.

As a reminder, PBH's Designated Crisis Responder is available 24/7 for crisis intervention. Call the 24/7 Salish Regional Toll-Free Crisis Line for help at 1-888-910-0416.

Additionally, our Clallam County Respite Center is available as a voluntary crisis stabilization program for adults which can also be reached at 1-888-910-0416.



Wishing all a happy holiday season!



Managing Stress During the Holidays

How to Prioritize Your Mental Wellbeing

Holiday stress can take a toll on your mental health, leading to increased anxiety and depression and feeling overwhelmed. From the pressure of family gatherings to managing finances, it's essential to recognize how stress affects your wellbeing and take steps to care for your whole self.

Identify common stressors this time of year, and use the practical tips and resources provided for budgeting, managing your time, prioritizing your physical and mental wellbeing, and creating realistic expectations.

Tips for self-care during the holidays:

- Enjoy relaxing hobbies.
- Practice meditation, deep breathing, or daily walks to unwind.
- Do one enjoyable activity daily.
- Maintain routine checkups to catch potential health issues early.
- Set boundaries by saying no to unwanted obligations.
- Prioritize 7–8 hours of sleep nightly.
- Laugh often—whether through a favorite show, book, or comedy outing.

Take small, intentional steps to protect your wellbeing and create a healthier holiday season.

Open Access

Do you know about Open Access?
Every Wednesday, Thursday and

Friday, mental health assessments are provided on a first-come, first served basis at our Port Angeles office located at 118 East 8th Street. Our doors open at 7:45am and there is no need to have an appointment scheduled for this service. For more information call PBH at (360) 457-0431 x531239.



Donation from the Fraternal Order of the Eagles - Ladies' Auxiliary

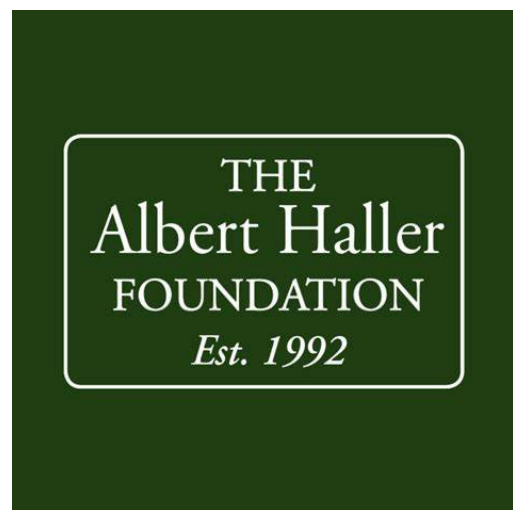
PBH received a generous donation of \$854 from the Ladies' Auxiliary of the Fraternal Order of the Eagles to go towards the construction of our new 36-unit Permanent Supportive Housing project in Port Angeles. The project, named North View, will pair healthcare services with housing resources for our community's most vulnerable clients with complex behavioral health conditions and who are experiencing or are at risk for homelessness. We deeply appreciate their commitment to our mission.



Learn more about the Fraternal Order of the Eagles at www.foe.com.
"People helping people."

Donation of \$7,200 Received from the Albert Haller Foundation

Peninsula Behavioral Health is grateful to the Albert Haller Foundation for their charitable \$7,200 donation. These funds enable us to provide emergency resources for transportation and basic needs to some of the most vulnerable members of our community.



PBH staff work tirelessly to connect clients with critical resources, and

Together, we're making a meaningful impact in building a stronger, more

this support helps individuals in crisis achieve stability and success when other options are unavailable.

compassionate community.

[Learn more about the foundation.](#)

Kitsap Bank Grant Award of \$5,000 for North View Project

PBH is deeply appreciate of a \$5,000 grant award to the North View Permanent Supportive Housing project from Kitsap Bank through their Community Connections grant opportunity. This grant award will assist PBH in providing stable housing and essential services for individuals and families in need, bringing this 36-unit project closer to reality.



Thank you Kitsap Bank Community Connections grant review committee!



Support the North View Project – Transform Lives Today

Join Peninsula Behavioral Health in creating a brighter future with North View, a 36-unit Permanent Supportive Housing initiative designed to provide stable, affordable housing and essential services for individuals and families facing homelessness.

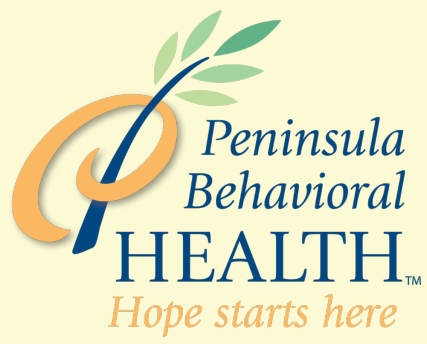
Why Donate to the North View Project?

- **Safe, Stable Housing:** A foundation for health and growth.
- **Comprehensive Support:** Mental health and substance use counseling.
- **Community Transformation:** Reduce homelessness and build a stronger, inclusive community.
- **Proven Impact:** Lower emergency visits, incarceration, and reliance on social services.

Together, we can break the cycle of homelessness and help vulnerable individuals thrive.

[Donate to the North View Project](#)

[Contact Us](#)



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