

## February 2025 Newsletter

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



**Purchase Gala Tickets & Sponsorships**

**Join us for a magical night with an epic keynote on resilience and mental health by Tom Farley on Friday, May 2, 2025 at Field Arts & Events Hall!**

### **Event Details:**

- Location: Field Arts & Events Hall
  - Doors Open: 5 PM
- Keynote Presentation: 5:30 PM

### **Tickets are \$135 each and include:**

- Access to Tom Farley's keynote presentation
- A delicious Tri-Tip & Salmon Buffet Dinner
  - An engaging Silent Auction

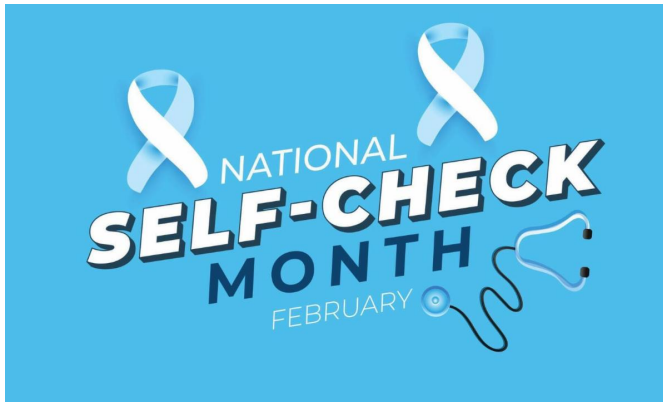
### **About Tom Farley**

Tom Farley is a leading voice in substance abuse prevention. In 1999, he founded The Chris Farley Foundation, a nationally recognized non-profit that used humor and storytelling to engage youth audiences on the dangers of substance abuse.

Much like his brother, the late comedian Chris Farley, Tom combines wit and heart to deliver powerful messages. His bestselling book, *The Chris Farley*

Show, offers a candid and heartfelt look into his brother's life and struggles, inspiring audiences to reflect, connect, and grow.

As a motivational speaker, Tom delivers heartfelt and inspiring messages on addiction prevention and recovery, helping others navigate their paths to healing.



## National Self-Check Month

National Self-Check Month, observed in February, is a reminder to prioritize mental, emotional, and physical health by reflecting on our well-being. It encourages regular self-checks to identify areas that may need extra care.

### How to observe National Self-Check Month:

- **Exercise.**

*Exercising is a great form of self-care. It is of absolute importance that people of different ages engage in some form of exercise.*

- **Maintain a healthy diet.**

*Eat healthily. More than half of the illnesses that befall us can be prevented or controlled by simply eating healthy and maintaining a healthy diet.*

- **Share health concerns with family.**

*When you have concerns regarding your health, particularly if you already live with a chronic illness, it serves you best to share these concerns with family (and your doctor too). Don't keep it to yourself.*

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## Black History Month

Celebrate Black History Month 2025 by honoring invisible changemakers of industry and community building.

Since the mid-1970s, U.S. presidents have issued proclamations supporting the Association for the Study of African American Life and History's themes to celebrate African Americans' many achievements, culture and history. In 2025, Black History Month will highlight the



profound ways that work and working of all kinds intersect with the collective experiences of Black people.

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## February Office Closure *February 17th*

PBH offices will be closed on Monday, February 17th in observance of Presidents' Day and will reopen on Tuesday, February 18th at 8am. As a reminder, our crisis line is available 24/7 at (888) 910-0416.



## LEKT Community Wellness Warrior Fair *February 19th*

Stop by and see us at the Lower Elwha Klallam Tribe (LEKT) Community Wellness Warrior Fair on Wednesday, February 19th from 11am-4pm in the LEKT Gymnasium located at 2851 Lower Elwha Road in Port Angeles.

We will have information on all of PBH's services as well as an interactive art station for youth and families.

## National Caregiver Day *February 21st*

Friday, February 21, 2025 is National Caregivers Day, a time to recognize and honor caregivers and their critical contributions to our families, communities and healthcare system. We share our appreciation for the dedication and compassion of professional and family caregivers who provide support and care to others.

Why do caregivers deserve recognition? **Caregivers play an indispensable role in ensuring the health, dignity, and quality of life of the people they serve and:**

- Reduce the burden on healthcare systems by enabling individuals to remain at home.
- Provide emotional stability to families during times of illness or crisis.
- Ensure continuity of care, which is critical for managing chronic conditions or recovery.
- Whether professional or informal, caregivers are often the lifeline for those who cannot fully care for themselves, making their role invaluable in society.



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**Save the Date!**  
**PBH is Sponsoring the Sun Fun Color Run at the**  
**Sequim Sunshine Festival**  
*March 8th*



The Sequim Sun Fun Color Run highlights PBH's commitment to holistic health, celebrating the powerful connection between physical activity, mental well-being, and community engagement. By supporting events like this, PBH champions the joy and healing found in movement and shared experiences, creating opportunities for individuals to thrive in body, mind, and spirit.

"The Sequim Sun Fun Color Run aligns perfectly with our mission to support the mental and physical health of our community," says Wendy Sisk, CEO of



Peninsula Behavioral Health. "This event fosters joy, connection, and wellness —all vital ingredients for a healthier, more resilient community."

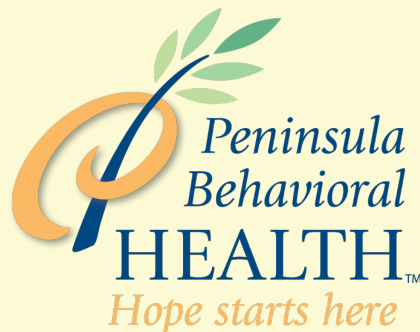
[Learn More About the Sun Fun Color Run](#)

## How Can YOU Help Support PBH and Make a Difference in our Community?

- Talk openly about mental health.
- Be conscious of your language.
- Encourage equality in how people perceive physical illness and mental illness.
- Show empathy and compassion for those living with a mental health condition.
- Push back against the way people who live with mental illness are portrayed in the media.
- Advocate for mental health reform.
- Make a one-time, monthly or annual donation to PBH to **support** our mission of providing quality comprehensive behavioral health services to the residents of our community!



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