

January 2026 Newsletter

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

SAVE THE DATE

Annual Gala



Save the Date!
PBH 2026 Annual Gala!

Mark your calendars for an unforgettable evening! Peninsula Behavioral Health is thrilled to announce our 2026 Annual Gala: Strength in Every Story, happening **Thursday, May 7, 2026, from 5:00 PM to 8:30 PM** at the elegant Field Arts & Events Hall.

We're excited to welcome award-winning ESPN broadcaster Lauren Sisler as our keynote speaker for a night full of inspiration, connection, and celebration. Guests will enjoy a gourmet experience catered by Chef Michael McQuay of Kokopelli Grill, plus an exciting silent auction.

Tickets are \$135 per person, and spaces are limited—don't miss your chance to be part of this special evening supporting PBH's vital programs. Reserve your spot and learn more by clicking the link below.

PBH 2026 Gala



Happy New Year 2026
*Celebrating hope, resilience, and community as we
step into the new year!*

As we welcome 2026, we want to celebrate hope, resilience, and community. The start of a new year is a perfect time to reflect on growth, embrace positive change, and prioritize mental wellness.

We are so grateful to our clients, supporters, and community partners who make this work possible. Your courage, trust, and generosity help create a space where healing, recovery, and connection can thrive.

This year, let's focus on gentle intentions and self-care: small steps, consistent habits, and meaningful connections that support mental and emotional well-being. Whether

it's prioritizing sleep, reaching out for support, or simply taking a moment to breathe, every action counts.

♥ Thank you for being part of the PBH family — here's to a healthy, hopeful, and happy 2026!



Building Resilience for Life's Challenges

Life is full of ups and downs, and resilience is what helps us navigate challenges and bounce back stronger. Being resilient doesn't mean never struggling — it means having the tools, support, and mindset to keep moving forward.

Tips to strengthen resilience:

- **Connect with others:** Strong relationships provide emotional support and perspective.
- **Practice self-care:** Daily habits like sleep, exercise, and mindfulness can buffer stress.
- **Focus on what you can control:** Small, intentional actions often have the biggest impact.
- **Seek guidance when needed:** Professional support can help develop coping strategies and build confidence.

Remember, resilience is built one step at a time. Whether through counseling, support groups, or recovery programs, help is available to guide you through life's challenges.



Honoring Dr. Martin Luther King Jr. *Through Community and Connection.*

Martin Luther King Jr. dedicated his life to promoting equality, justice, and the power of community. His work reminds us that connection and compassion are essential not only in society but also in our personal lives.

Strong relationships and supportive communities are foundational for mental health and emotional well-being. Taking time to reach out to others, engage in acts of kindness, or participate in community service can reduce stress, foster resilience, and create a sense of purpose.

As we honor Dr. King's legacy, consider these small ways to nurture mental health while strengthening connections:

- **Check in on a friend or neighbor** — a simple conversation can make a difference.
- **Volunteer or give back** — helping others supports both your well-being and theirs.
- **Reflect on equity and inclusion** — acknowledging diverse experiences promotes empathy and understanding.

If you or someone you know is struggling, support is available through counseling, crisis care, and recovery programs. Taking care of your mental health and building supportive relationships can help create stronger, healthier communities.

MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

MYTH

Not sticking perfectly to resolutions means I've failed.

FACT

Small, consistent steps are more effective than perfection. Gradual, realistic habits build mental wellness

MYTH

Taking time for myself is selfish.

FACT

Self-care is essential for emotional well-being. Caring for yourself allows you to better support others and maintain healthy routines.

MYTH

Being resilient means never feeling stressed or upset.

FACT

Resilience means facing challenges, experiencing emotions, and using support and coping strategies to move forward.

MYTH

I only need support if I have a major mental health crisis.

FACT

Everyone benefits from mental health support — from counseling to group programs. Early support helps build strong coping skills and positive habits for the new year.

Busting Behavioral Health Myths: *What's Fact, What's Fiction?*

Mental health is often misunderstood, with many myths creating stigma and confusion that keep people from getting the support they deserve. At PBH, we want to help set the record straight by busting common behavioral health myths and sharing the truth behind them. Understanding what's real empowers us to approach mental health with compassion and knowledge.



“
*Do things at your
own pace. Life's
not a race*
”

Starting the New Year with Gentle Intentions

The beginning of a new year can be a mix of excitement and pressure. Everywhere we look, there are messages to “reset,” “reboot,” or “do better.” While setting goals can be motivating, it can also feel overwhelming — especially if we measure ourselves against unrealistic expectations.

Starting 2026 with self-compassion, mindfulness, and realistic intentions can make the year feel more manageable. Small, meaningful steps toward wellness often have a bigger impact than grand resolutions.

Tips for a gentle start to the year:

- **Pause and reflect:** Take a few moments each day to notice how you feel and what you truly need.
- **Set realistic goals:** Focus on small, achievable habits — like improving your sleep, taking daily walks, or connecting with a friend.
- **Prioritize self-care:** Make time for activities that recharge your mind and body, from journaling to mindful breathing.
- **Seek support when needed:** Change is easier with guidance, encouragement, and accountability.

If starting the year feels overwhelming, or if you want help building sustainable, positive routines, support is available through counseling, crisis care, and recovery programs. These resources provide tools and guidance to help you begin the year strong — at your own pace.

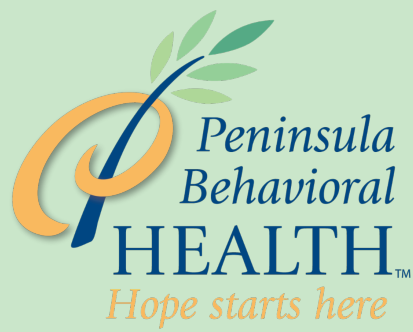


YOUR SUPPORT MAKES A DIFFERENCE

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!

Support PBH



Contact Us



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