



A Message from Peninsula Behavioral Health



Our monthly newsletter aims to provide the community with valuable information, resources, and support for mental health and wellness, aligning with the needs and interests of individuals and families in Clallam County. We focus on delivering accessible and high-quality behavioral healthcare, empowering individuals and families through our comprehensive services.

Summer is in full swing, bringing opportunities to connect, recharge, and strengthen our community. At Peninsula Behavioral Health, we remain committed to ensuring that individuals and families throughout Clallam County have access to compassionate, high-quality behavioral health services.

This month, we are excited to celebrate a major milestone with the Ribbon Cutting Ceremony of North View, continue preparations for our upcoming golf tournament benefiting the future Youth & Family Services Center, and share important behavioral health resources and awareness topics relevant to the season.

**You're Invited: North View
Open House & Ribbon Cutting
Monday, July 27, 2026
Ribbon Cutting Ceremony – 3:00 PM**



We're excited to celebrate a major milestone for Peninsula Behavioral Health and our community—the completion of North View, our new 36-unit Permanent Supportive Housing community.

Please join us for a Ribbon Cutting Ceremony and Open House as we celebrate the opening of this transformational project and recognize the many partners, donors, community leaders, and supporters who helped make it possible.

- Monday, July 27, 2026
- Ribbon Cutting Ceremony: 3:00 p.m.
- Open House & Tours: Immediately following the ceremony
- North View: 138 W. 2nd Street, Port Angeles, WA 98362

North View was developed to provide safe, stable housing for individuals experiencing chronic homelessness while connecting residents with supportive behavioral health services that promote long-term stability, health, and recovery. The four-story community includes 36 affordable apartments designed to help residents build brighter futures in a safe and supportive environment.

Tee Up for a Cause Golf Tournament

Friday, August 14, 2026

Peninsula Golf Club | Port Angeles

Registration is now open for Peninsula Behavioral Health's 2nd Annual Tee Up for a Cause Golf Tournament.

This year's tournament will benefit PBH's future Youth & Family Services Center, a transformational project that will expand access to trauma-informed behavioral health services for children, youth, and families throughout Clallam County.

Tournament Format:

- Scramble / Best Ball
- Fun for all skill levels
- Prizes, contests, food, and community connection

Registration:

- Individual Golfer: \$110
- Foursome: \$440
- Foursome + Hole Sponsorship: \$600
- Learn more and register at:
<https://PBHgolf2026.givesmart.com>

Together, we can help create brighter futures for local youth and families.



Peninsula Behavioral HEALTH™
Hope starts here

SAVE THE DATE!

2ND ANNUAL

GOLF TOURNAMENT

— TEE UP FOR A CAUSE! —

 AUGUST 14, 2026 |  10:30AM – 4:30PM

 PENINSULA GOLF CLUB
824 S. Lindberg Rd., Port Angeles, WA 98362

 ALL PROCEEDS RAISED WILL SUPPORT OUR NEW
3-STORY, 15,000 SQ. FT. YOUTH & FAMILY SERVICES CENTER.

July Behavioral Health Focus: The Importance of Connection



Research consistently shows that meaningful social connection is one of the strongest protective factors for mental health.

Summer can be a wonderful time to reconnect with family, friends, neighbors, and community activities. Whether it's sharing a meal, attending a community event, volunteering, or simply checking in on someone, small acts of connection can have a significant impact.

This month, we encourage everyone to:

- Reach out to someone you haven't spoken with recently
- Spend time outdoors with others
- Participate in local community events
- Check in on friends and loved ones
- Ask for support when you need it

Summer Mental Health Tips



Longer days and warmer weather can positively impact mood, but summer can also bring stress, disrupted routines, and increased social pressures.

A few ways to support your mental well-being this season:

- ☀️ Prioritize sleep and maintain a regular schedule
- ☀️ Stay hydrated and spend time outdoors
- ☀️ Practice mindfulness and self-care
- ☀️ Limit alcohol and substance use
- ☀️ Stay connected with supportive people
- ☀️ Seek professional support if you are struggling

Remember: Taking care of your mental health is just as important as taking care of your physical health.

Become a Monthly Hope Partner



Hope starts here—and it continues every day because of caring supporters like you.

By becoming a monthly donor, you'll provide reliable support that helps Peninsula Behavioral Health deliver compassionate behavioral health services to children, adults, and families throughout Clallam County. Your recurring gift helps ensure we're ready to respond whenever someone needs care.

Even a modest monthly gift can make a lasting difference:

- \$10/month helps provide basic client needs and recovery resources.
- \$25/month supports transportation and other barriers that can prevent someone from accessing care.
- \$50/month helps expand programs that strengthen the health and well-being of our community.

Monthly giving is easy, convenient, and makes a lasting impact. Together, we can build a healthier, more hopeful community—one month at a time.

Become a Monthly Hope Partner today and help ensure hope is always within reach.

Donate Today!



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