



September 2022 Newsletter



Labor Day

The office will be closed on Monday, September 5th, in observance of Labor Day.



Suicide Prevention

The National Suicide Prevention Hotline is now available country-wide, just dial #988.



Back to School

Jitters?

Tips to help with back-to-school anxiety.



Mindful Meditation

Meditation can lead to a more positive outlook in life.



Performance Report

Curious to see how we are doing this month?

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