

TURNING POINT NEWSLETTER



May 2026

May is Mental Health Awareness Month

DO A "MENTAL SPRING CLEANING"

"Just like we clean our homes, take time to:

- Unfollow accounts that drain you
- Set boundaries where you feel stretched
- Let go of one thing that's been weighing on you.

Check in with yourself weekly

Ask:

What felt good this week?

What drained me?

What do I need more/less of?

This builds emotional awareness without judgment.

Reconnect with people

Send a quick text, plan a walk, or have a short call.

Connection doesn't have to be big to be meaningful.



DID YOU KNOW?

- Your brain can rewire itself (neuroplasticity).
- Every time you repeat a thought or behavior, you strengthen that pathway—meaning small, consistent changes can lead to lasting growth.
- Deep breathing with longer exhales helps reduce anxiety.
- Longer exhales activate your body's calming response, helping slow your heart rate and signal that you're safe.
- Connection is protective.
- Even one supportive relationship can buffer stress and improve emotional well-being by helping regulate your nervous system.



WEEKLY GROUPS

Monthly Groups Now Open

We offer supportive, therapist-led groups designed to help you feel connected, understood, and equipped with practical tools.

This month's groups:

- Teen Anger Management – Virtual) on Monday's at 4:30- 6:00 PM
- Parenting- (Virtual) on Wednesday's at 6:30-8:00 PM
- Adult Anger Management in person on Saturday's at 10:00 AM - 11:30 AM

Spots are limited.

To learn more or sign up, contact us at [\(714\) 547-8111](tel:7145478111)