

2022  
**JANUARY**  
*New Dawn Cnc*

New Dawn

New Dawn

Newsletter

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## CURRENT OPERATIONAL ACTIVITIES

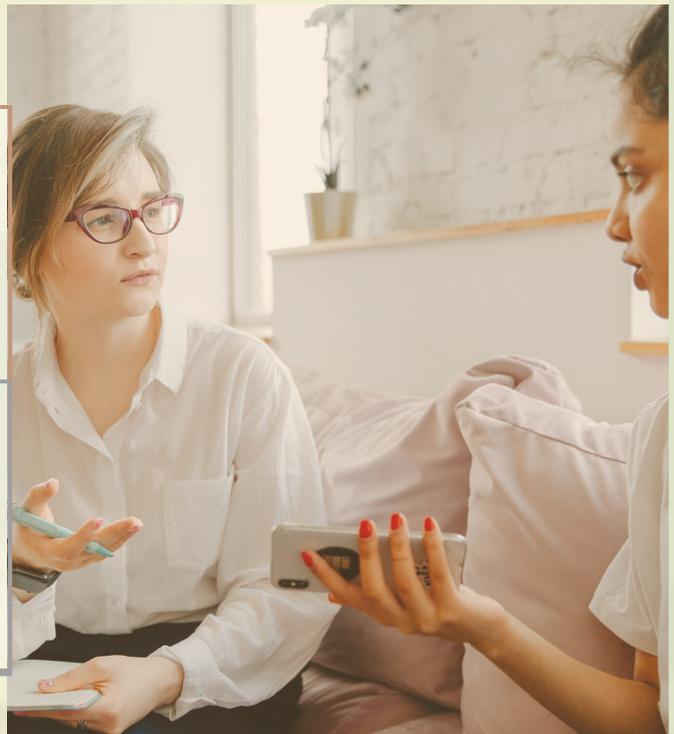
Our staff of professional therapists are here for you, please feel free to contact us at (+1) 805-604-5437, we are ready to give you the best quality service through Telehealth or in person.

**Telehealth & in person appointments**  
[here](#)

**Meet our professionals**  
Meet our team  
[here](#)

**Our services**  
EPSDT  
- Psychotherapy  
- Case Management  
[here](#)

**Our blog**  
The power and gift it is to finding our purpose  
[here](#)



# MEET OUR TEAM

MARIELA  
FERNANDEZ

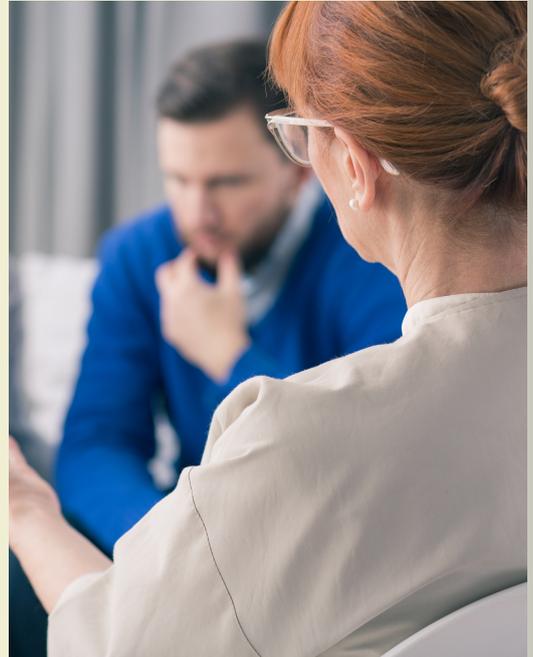


"I have been working for New Dawn for about four months now and I am grateful to be a part of this team. I have truly enjoyed the learning process and collaborating with my team members. It has been such a joy coming to work and being surrounded by supportive and kind individuals who are always willing to help. I am continuing to enjoy learning and growing as a clinician with New Dawn. I love working with my clients and being a part of their therapeutic process. My clients continue to give me motivation because as I am helping them in the therapeutic process, they are also helping me by teaching me so much than they could possibly imagine. I am also motivated in creating positive change in others lives and helping individuals and families in their healing process. Outside of my time with New Dawn, I enjoy spending time with my loved ones, being outdoors, working out, finding new restaurants to try, game nights, going on long drives, and watching crime documentaries or shows like Criminal Minds. "

# Q&A TIME WHEN THERAPY IS NEEDED?

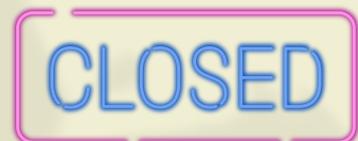
It is a common belief that therapy is only for severe cases of mental problems. However, mental health is not as simple as that. We do not have to wait until things are dire to take care of our mental wellness. It can support you through the grief process after a loss, manage anxiety, build your self-esteem, help you through conflict, and other difficult moments that make life hard.

People have to deal with different challenging situations and can feel overwhelmed. Coping on your own can extend pain and may lead to low or no progress. That's why talking and working on personal issues with a therapist is a powerful resource to support your mental wellness and prevent possible future impairment in our life. Would you like to talk to a professional?



## OUR NEWS

Last month due to County guidelines, our Physical Office was not open, and we had to function through telehealth but on february our office will be open again.





# OUR BLOG

Pretend you are a senior in high school and your parents have been pressuring you to choose a major so you can have something to work towards when you get to college. But you don't really know what you want to do. What goals does this major help us accomplish? None of these questions are easy to answer. There comes a lot of anxiety and stress in deciding things that can impact your future. There is also so much power when you do find these answers. We hear you, and we want to help. Therapy can be a great way to build confidence in yourself and where you can find encouragement and resources to help you on this path.



[READ MORE](#)



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OUR SOCIAL MEDIA