

NEWSLETTER

AUGUST 2021

New Dawn Cnc

NEWDAWNCNC.COM



**WELCOME TO OUR
NEW FACILITY.**

**WE ARE WAITING
FOR YOU!**



ABOUT NEW DAWN

Monthly Email Newsletter



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.

VALUE OF THE MONTH DIVERSITY

At New Dawn we believe that every person is unique and can bring a huge potential. Into our corporate culture inclusiveness and equality are cornerstones for our company. In New Dawn you can see people of varying gender, religion, race, age, ethnicity, sexual orientation, who each have unique characteristics, backgrounds, skills and experiences that together make New Dawn who we are.



ABOUT US

Telehealth appointments

Telehealth services
available [here](#) for
you!

Our services

EPSDT
Case Management
[here](#)

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

Our blog
Learn how the right
balance in wellness
can give you a
healthier lifestyle.

OUR BLOG

AUGUST



Now more than ever, mental health has been a key focus in healthcare, in earlier generations we were not aware of its impact on our daily lives. We were so focused on work, study, and/or homework that we tend to put it aside. With the pandemic and lockdown, many felt the need to adapt to a healthier lifestyle. After a year and a half, many have already been vaccinated and others are still feeling the effects of a slow recovery. In any case, today we want to talk to you about the importance and well-being of a balanced life during this time post-covid-19.

At New Dawn Counseling, we take care for your health and well-being and we want to give you the best tips to adapt easily and quickly to this new stage.

[READ MORE](#)

**Do not forget to visit our website to have more information
about our services**

[Click here](#)

MEET OUR TEAM



Ana Lucía Fernández

"Since I started working at New Dawn, I loved the camaraderie, friendly and trusting atmosphere that made me feel like I was working in my own office and among friends.

I had worked in my country Peru as a psychologist helping low-income youth and families. Since I came to this country, I have observed a large Hispanic community that needed assistance. That was one of my dreams and I wanted to put my experience into practice, but it was not so easy and it took me time to achieve it. At last I was given the opportunities and here I am working with very low-income Hispanic families.

I love to see new places, enjoy beautiful landscapes, go out with my friends, meet once a week with my children and grandchildren and travel with them, at least once a year. Decorate and clean my house listening to or dancing to my favorite music, like crazy, nobody sees me. Take care of my plants. Normally I enjoyed reading a lot, but lately I watch more movies with my husband, we also walk on the beach and go out to happy hours on Fridays."

CONTACT AND FOLLOW US!

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Counseling and
Consulting, Inc.



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