

NEWDAWNCNC.COM

NEWSLETTER

JULY 2021

New Dawn Cnc



NEW DAWN
COUNSELING & CONSULTING



VALUE OF THE MONTH

TEAMWORK

At New Dawn we are committed to our clients to give them the best quality service, that is why one of our values is teamwork. We are fully aware about our value promise, which integrates high-quality effort of our professionals in the attention to our clients to provide the best welfare on mental health.

Our staff of professional therapists are here for you, please feel free to contact us at (+1) 805-278-0799, we are ready to give you the best quality service though Telehealth appointments.

CURRENT OPERATIONAL ACTIVITIES



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

Why is your Physical Health important to your Mental Health, and its connection?

MEET OUR TEAM

Alejandra Zeferino has been working at New Dawn for a year and eight months. Her biggest motivations at work are helping the community, being an advocate for mental health, learning new things and coming up with creative ideas to improve something.

What she likes the most about her profession at New Dawn is that everyone shares the same vision and is dedicated to the mission. This truly creates a family environment where everybody is there for each other.

She enjoys shopping, teaching and crafting. During her leisure time she loves spending time with her family, listening to music, and binge watching shows.



**LIFE IS A JOURNEY, WE MEET PEOPLE WHERE THEY ARE
AT AND WORK COLLABORATIVELY TO CREATE A ROAD
MAP TO MAKE LIFE MORE REWARDING.**

NEW ON BOARD!

Welcome to New Dawn's team to:

- Our New AMFT Virginia Bauer
- Our New Client Care Coordinator Angelica Barajas

WE ARE MOVING!

On August 1st our new address will be:
1500 Camino Del Sol DR #1 Oxnard,
CA 93030.

OUR METHODOLOGY

We take into account every aspect of our clients. Including Physical, Mental, Spiritual and Environmental wellness.

Visit our social media and website for further information!

OUR BLOG

JULY



WHAT IS THE IMPORTANCE AND IMPACT OF MENTAL AND PHYSICAL HEALTH ON YOUR QUALITY OF LIFE?

Summer has arrived and with it fun family moments. Summer camps, beach days, and family trips are usually filled with one thing: sunny days. Did you know that taking 20 minutes a day in the sun increases your serotonin and vitamin D? These are essential for your mental health. Additionally, during summer you need to drink more water to keep your body hydrated. The human body is a complex but wonderful system, and when you manage to balance your mental and physical health, you can see positive changes to your quality of life.

[READ MORE](#)

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

[Click here](#)

CONTACT AND FOLLOW US!

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