



DON'T REPRESS YOUR FEELINGS IN AN ATTEMPT TO BE STRONG.

-The Pondering Book



NOVEMBER

2021

New Dawn Cnc



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.





MORE ABOUT NEW DAWN



Telehealth & in person appointments
[here](#)



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



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



Our blog
Change your thoughts,
change your life.
[here](#)



VALUE OF THE MONTH COMPASSION

Compassion is much more than a corporate value for us. Thanksgiving day is a time when we typically share with family and give thanks for all that is good in our lives, regardless of the hard times we are living in. A strong mindset of positive thinking by the hand of recognizing the good within ourselves and our relatives, understanding that people share the same feelings, and acknowledging that we all deserve happiness and care. That's why at New Dawn we provide a comfortable space and quality services for our clients with compassion and gratitude.





MEET OUR TEAM

Bianca Agassi

My experience working at New Dawn has truly been amazing. My teammates and the support and encouragement I receive has been a blessing to me.

My biggest motivation at work are all my client's that I have had the pleasure of working with and the client's, my colleagues and the flexibility are what I absolutely enjoy most being part of the New Dawn team.

The flexible hours enable me to enjoy spending my free time at church, volunteering in my community, spending time with family and friends and going out.

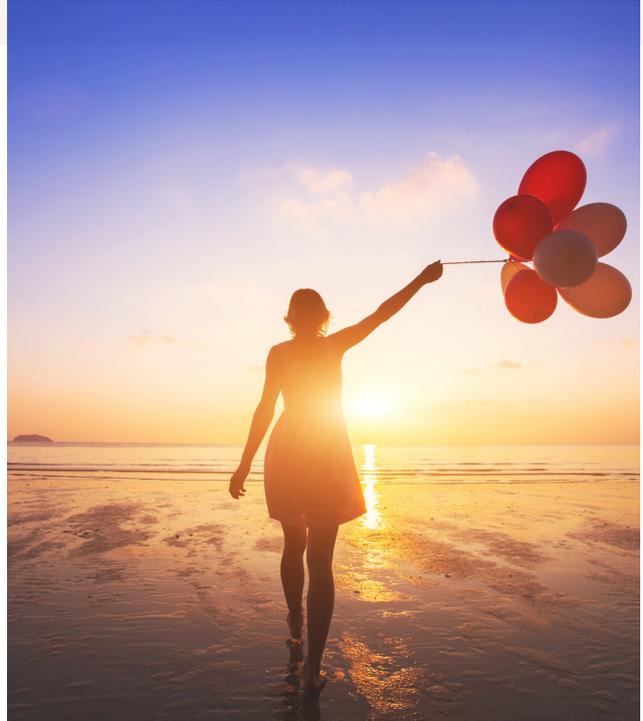
OUR NEWS

We got to celebrate our annual company outing to reflect on the last year and share our gratitude as a team.

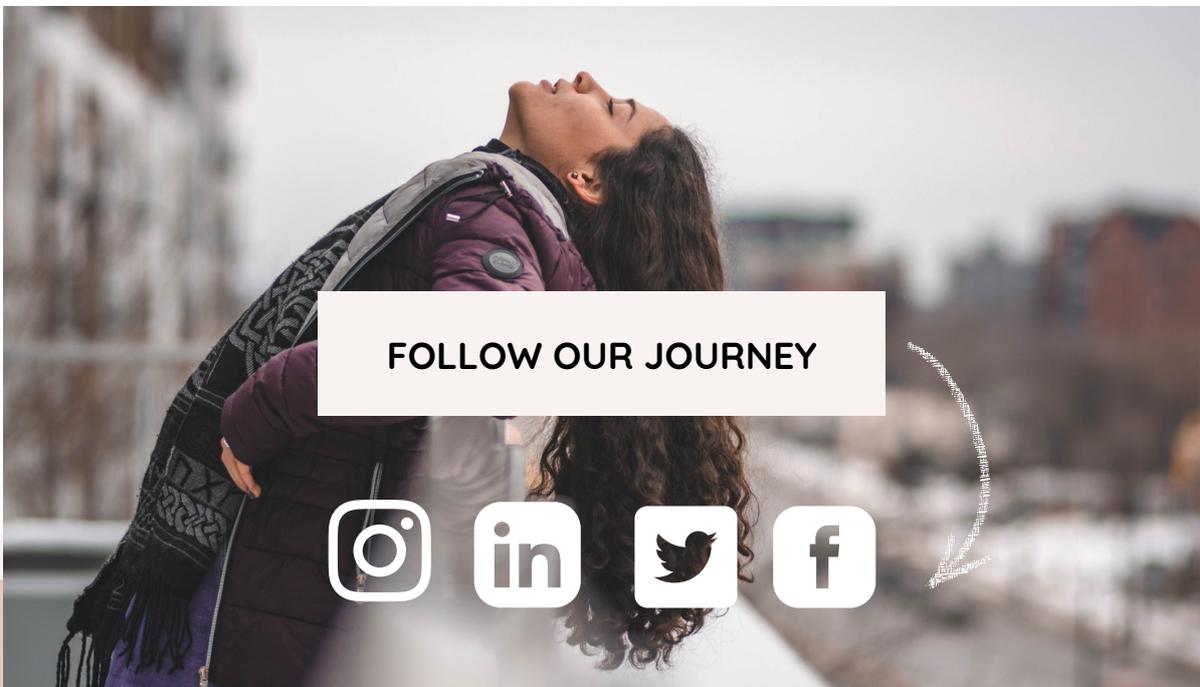


Our Blog

With winter we also become a bit nostalgic, perhaps a bit melancholic or emotionally sensitive and it is not because another year is over; it also has to do with the effect of the environment on us. With less exposure to the sun, colder and shorter periods of sun, our body prepares for a season where it is more difficult to synthesize vitamin D and serotonin levels are lower as a result. It is therefore that in winter millions of Americans experience episodes of depression, sadness and anxiety.



HOW TO IMPROVE YOUR EMOTIONAL WELL-BEING BY THE END OF 2021 ?



FOLLOW OUR JOURNEY

