

APRIL 2021

NEWDAWNCNC.COM



Certainly we all have experienced the consequences and challenges of daily stress.

Additionally, busy days filled with responsibilities of being parents, or children's activities, and work can make us feel tired and frustrated...

In April's edition of our blog, we will provide valuable tips to help build a better quality of life by reducing stress and supporting your mental health.

A P R I L



NEW DAWN
COUNSELING & CONSULTING

OUR VIDEOS OF THE MONTH



How do we practice taking care of ourselves in the moment during a busy time?



Realistic expectations



Rules, how you can help get more desirable behavior and set up effective rules?

COMPASSION

At New Dawn we care about you and your mental health, which is why we serve with a compassionate heart centered around empathy.

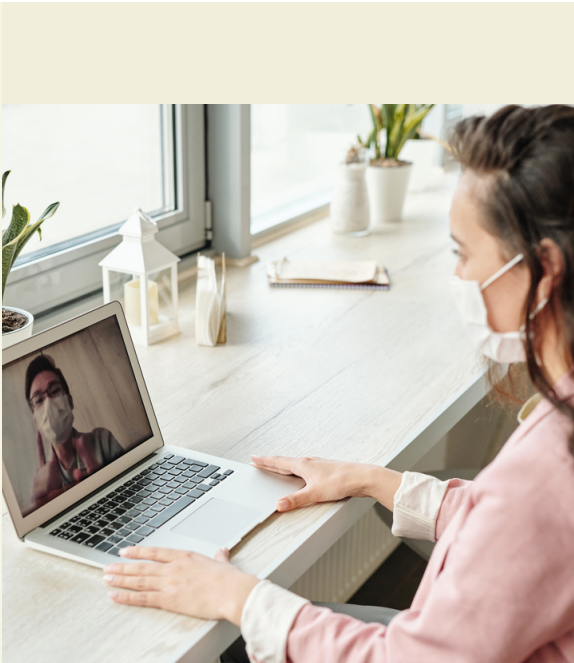
We recognize and understand the perspectives, challenges, and emotions of our clients, and we try to build a connection with each of them. This lets us create trusting bonds, and encourages us to take actions aligned with humane values and needs.

VALUE OF THE MONTH



CURRENT OPERATIONAL ACTIVITIES

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.



APRIL OUR BLOG

Win the battle against stress in 3 simple steps, and improve your mental health.

There is a saying going around that the disease of the 21st century is stress. However, and I understand this seems contradictory, stress plays an important role in the human body. During a dangerous or threatening situation, our body reacts by causing an acceleration in the respiratory system and an increasing heart rate, muscle tension, as well as a greater consumption of energy and oxygen by the brain; in order to prepare the body for the situation.

At New Dawn our professionals can help you find healthy self-care routines, using simple and useful strategies such as: learning to make time for yourself, creating spaces for personal growth and close relationships, and creating healthy habits as a family.

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

[Click here](#)



Telehealth appointments

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



Our services

Triple P
EPSDT
Case Management
[here](#)



Meet our professionals

Meet our team [here](#)



Our blog

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CONTACT AND FOLLOW US!

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