NEWSLETTER

New Dawn Cnc

FEBRUARY 2022

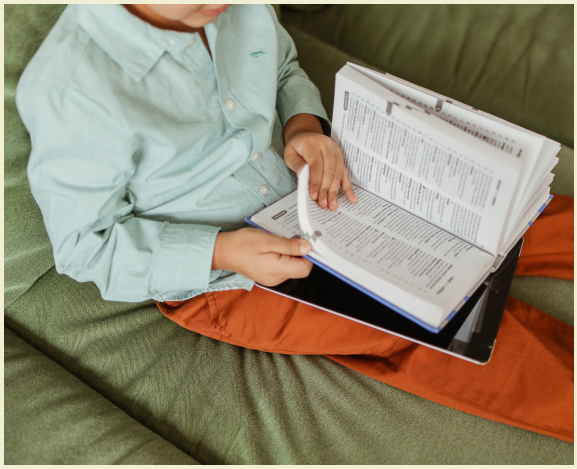
CURRENT OPERATIONAL ACTIVITIES

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.

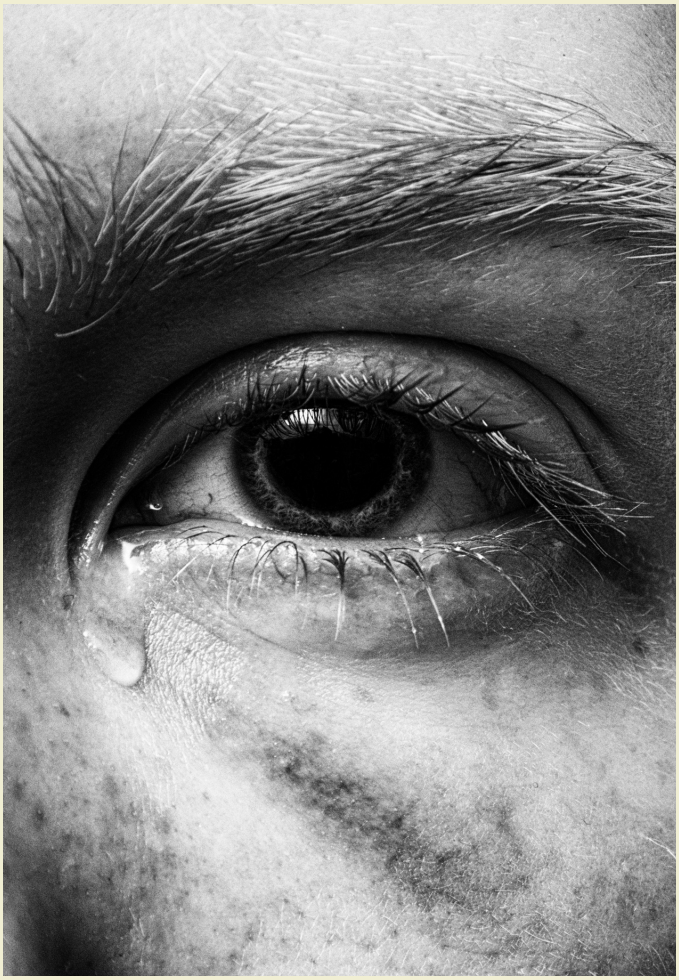
HOW DO YOU KNOW WHEN A TRAUMA HAS NOT BEEN OVERCOME YET?

This is such a great question as trauma can be so difficult to discuss or open up about. A couple things to look for as to how trauma might be impacting you today is to look at your relationships, consider your body reactions, and how your mind thinks about things.

If you find yourself in relationships where you cannot feel safe or like you can trust someone and are unsure why you feel that way. If your body is constantly stressed or tense like it feels like it needs to fight or run away at any moment. If you feel like you deserve bad things to happen to you, or you frequently perceive dangerous situations when you know they really are not. Any or all of these ways are just some ways trauma can linger and impact us, while we may not even notice. If any of these feel like how you experience your day to day, it might be time to consider reaching out and looking for support.



Q&A TIME



Telehealth & in person appointments here	**Meet our professionals** Meet our team here
Our services EPSDT - Psychoterapy -Case Management here	**Our blog** Three tips to avoid arguments when living with a partner. here

TEAM

MEET OUR TEAM

ELIZABETH FRANCO

Elizabeth Franco joined the New Dawn team as the Administrative Lead in 2022. Elizabeth has extensive experience in workforce administration and nonprofit organizations serving diverse populations. She enjoys making connections, establishing community partnerships and servicing people and her surrounding community. Most recently, with Equus Workforce Solutions serving Santa Barbara County residents.

Elizabeth is a native of Santa Barbara. She earned a BA in Sociology from San Diego State University. In her free time, she likes spending time with her family, ocean activities, traveling and horseback riding.

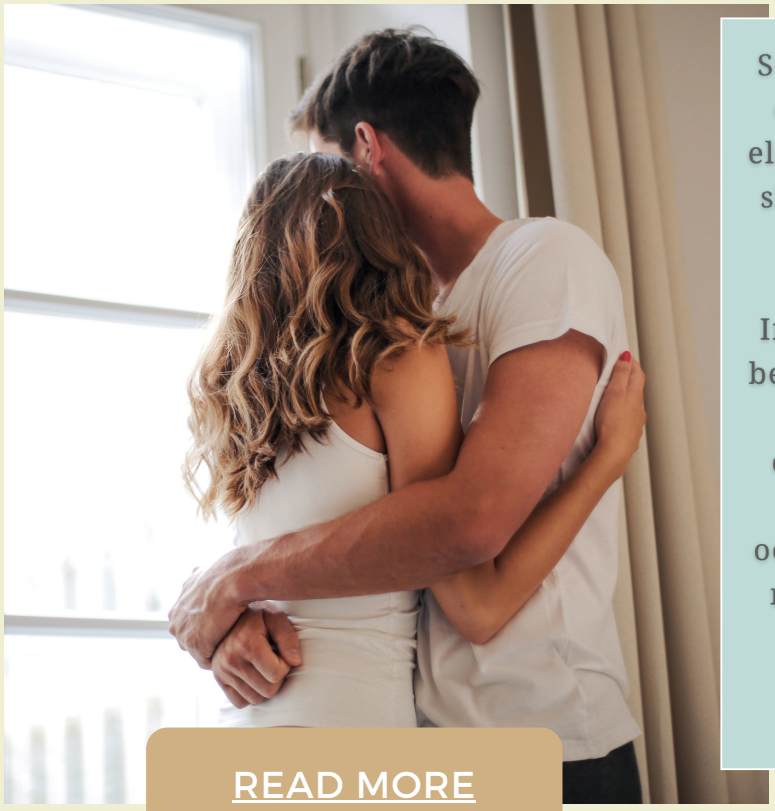
OUR NEWS

Our therapists have begun training for a new therapy modality to support our families.

During this time as the state ordinances are loosening New Dawn is continuing with mask protocol at the office.

OUR BLOG

THREE TIPS TO AVOID ARGUMENTS WHEN LIVING WITH A PARTNER.



READ MORE

Surely you have had to face the challenges of cohabitation and living with someone else: spending hours in the kitchen, grocery shopping or cleaning duties, and we could go on and on.

In most cases, couples end up arguing and begin to blame the other, complain and feel that their effort is not valued. It is more common than you think, especially since each person has their own needs and occupations. Therefore, feeling that shared needs are a burden can be the result of a lack of communication, dialogue and agreement, and even contributes to increased stress levels.

OUR SOCIAL MEDIA

Follow our journey

FOR MORE VISIT: **www.newdawncnc.com**