

MAY 2021

NEWDAWNCNC.COM



When was the last time you doubted yourself to make a decision? Or experienced fear and/or uncertainty to take control of the situation?

In this edition of our blog, you will find useful tips to put this problem behind you. You have the power to change challenging situations in your favor with self-confidence and social skills. This can help in the difficult task of educating children.



NEW DAWN
COUNSELING & CONSULTING

MAY



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.

OUR VIDEOS OF THE MONTH



How to make day to day routines to help reduce stress on everyday activities?



Planned Activity Routines



How to Build social skills in Kids?



How to build confidence and healthy self esteem in children?

VALUE OF THE MONTH



PROFESSIONALISM

At New Dawn, Professionalism is an attitude of life that guides our steps to provide the best service to our clients.

Our professionals consider every aspect of a person's life, they strive to understand and find the origin of situations, using evidence based methods to achieve results.

MEET OUR TEAM



Daniel Wells, has been with New Dawn for 4.5 years now. He came on board to facilitate Triple P Parenting Classes, He graduated from OHS, VC, and CSUCI, and just got into the MFT program at CalLu. For him, one of the best things to work for New Dawn is to be able to support families who don't have the same opportunities and provide them services according to their needs. Daniel really likes the sports, especially team's sports. He really enjoys watching the Lakers, Dogers or Raiders play.

ABOUT US



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
Self-confidence, and how it can reinforce personal and family development.



MAY OUR BLOG

Have you ever wanted to make a change, assert yourself, speak up, or express your opinion, but found yourself not actually executing it? For example, you want to propose a change at work but this fear stops you from even expressing your thoughts. Why do moments like these happen? The common denominator in all these situations is that we have a lack of confidence in ourselves. We know how difficult it is to be able to leave our safety net and risk negative feedback, embarrassment, or even negative consequences.

Self-confidence can be helpful in the situations at hand to give us the best chance at succeeding in our goal. By having self-confidence we may persevere more and really give it our all. This way, regardless of the outcome we can say that we tried our best.

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

[Click here](#)

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