



Holidays and Grief



The holidays can be difficult for those who are grieving, especially since there can be extra pressure from the culture and from family to be happy during this season. In this article, Kailey Bradley, a bereavement counselor, offers some helpful suggestions for getting through the season in the midst of grief.

[Learn More](#)

Mental Health Tip



Ask yourself “and Then What?” When You’re Stuck on an Anxious Thought

When you can’t stop thinking a particular thought that’s making you anxious, try forcing yourself to think ahead. Thinking about the future can break the thought cycle and help you consider new thoughts, as well as actions, that are more reasonable and rational. For example, if you worry constantly about losing your job, ask yourself what might happen if you did actually lose your job. While this may be scary to think about at first, looking into the future can help you come up with ideas and positive actions you could take to solve the problem. You may even end up realizing that your biggest fears about the scenario are unlikely to happen.

Agency Spotlight



School Liaison Program Through the Appleseed Community Mental Health Center

In collaboration with the Mental Health and Recovery Board of Ashland County, the Appleseed Center sends mental health professionals into community schools as youth liaisons. Liaisons are embedded in the schools themselves, so that they can work directly with students, their families, teachers, school administrators, and the community. More than 20% of youth in Ashland County schools interact with this program at least once a year! This provides a valuable and much needed service to the youth in our community.

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Upcoming Events

Welcome Emma Kulbis, New Upcoming Director for ACCADA House

ACCADA House, home of Ashland County's Council on Alcoholism and Drug Abuse, will soon have a new director, Emma Kulbis. Emma has roots in the Ashland Community and knows the area well, and she is a LPCC-S with many years of experience in the alcohol/drug counseling field. Emma will replace current Director Dennis Dyer, who will soon retire.

[Learn More](#)

Catholic Charities of Ashland County Open House

Date: Thursday, November 15

Time: 3:00 - 6:00 p.m.

Location: Ashland Professional Building, 34 W. 2nd St., Suite 18 & 20 Ashland, OH

Come meet our staff, hear about our programs, and help us celebrate and thank the organizations and people that support our good work in Ashland County. Light refreshments will be provided. Please RSVP by November 9 to Denita Fulton at 419-289-1903

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Mental Health & Recovery Board of [Ashland County](#) | 1605 County Rd 1095, Ashland, OH 44805

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