The holiday season can be emotionally taxing for everyone. However, it is often particularly miserable if you are struggling with depression. While the holidays are exponentially more
difficult for individuals with depression, there are steps you can take to manage both your depression and the holidays.

5 Tips To Manage Depression

7 Self-Care Tips So You Can Enjoy This Season

The holidays are here – also known as “the most wonderful time of the year!” The busyness of all this holiday time can also be draining. The good news is that we know it will be busy, so we can plan ahead to give ourselves the regular and extra self-care we may need in order to enjoy all the fun and festivities … and maybe turn a few invitations down. Dr. Ron DeVries offers tips he hopes we all embrace this season so we can stress less and enjoy the holidays more!

More On Self-Care During The Holidays

Navigating Loss & Change During The Holidays

Since holidays are about “time spent with loved ones,” they can be very tough for people who have experienced loss or significant changes. Memories of good times and
togetherness during the holidays become painful reminders. Therapist Jean Holthaus discusses tips for coping with change, grief and loss during the holidays that offer grace and a way to be present and participate in this holiday season.

7 Ideas To Help You Cope With Grief & Loss

More Holiday Mental Health Resources

Ask The Expert: Mental Health Issues In Older Adults

Every day, it happens – we get a little bit older. While we sometimes focus a lot of attention on the physical signs of aging, the mental health side is important to be aware of as well.

In this interview, Dr. Swapnil Rath discusses how depression and dementia are not inevitable, but family members of older adults should familiarize themselves with common signs that occur at this age and seek treatment if needed.

Watch Dr. Rath's Interview on eightWest

Meet Cheri Kleynenberg

Administrative specialist, Cheri Kleynenberg, manages the day-to-day operations for Pine Rest's Employee
Assistance Program (EAP), which provides mental health and wellness services like counseling, consultations, training and crisis response to individuals, businesses, schools and churches during their most challenging moments.

Cheri has worked at Pine Rest for 17 years and for 15 years she worked at Pine Rest Christian Homes, offering long-term residential care for adults who are developmentally disabled. She enjoys traveling, home improvement projects and spending time with family.

“The most rewarding part of my job is being a part of a system that helps people through the darkest times in their lives,” said Cheri. “Whether diagnosed with mental illness, coping with tragedy, feelings of hopelessness, financial anxiety… knowing that I can be part of the healing process through guidance and support makes every day worthwhile.”

Learn About Pine Rest's EAP Services

Thank You For Choosing Pine Rest!

We are pleased to have been chosen as winners in two categories 'Mental Health Services' and 'Counseling' for the 2022 West Michigan Woman’s Readers' Choice Awards!
Thank you to all who voted, the team at West Michigan Woman for giving the community a chance to voice their opinion, and to those who choose and trust Pine Rest Christian Mental Health Services for their mental health care needs.

### Upcoming Support Groups & Community Classes

**DECEMBER 13:** Intro to Nurtured Heart Approach®

Cost: No Charge

Join Certified Nurtured Heart Approach® Trainer, Allison Brower, LMSW, for a one-hour introduction to learn how The Nurtured Heart Approach® can enrich your life and relationships. [Learn More.](#)

**JANUARY 17:** Family & Friends of Aging Adults Support Group

Cost: No Charge

This month's presenter is Noelle Partee, Pine Rest, talking about “Tips and Tricks for Caregiving and Prevention Through the Eye of an Occupational Therapist”. This group is designed specifically for those who are caregivers to older adults. [Learn More.](#)