While the holiday season often brings lots of joy-filled and fun events for families, for some parents it also means more stress and anxiety trying to manage a child’s challenging behavior. Certified Nurtured Heart Approach® Trainer and social worker, Allison Brower, LMSW explains why some kids act out more during the holidays and discusses tips and resources on how to address their behavior.

Interview with Allison on eightWest

More Parenting Tips

Free Intro to Nurtured Heart Approach®

Coping With Grief & Loss During the Holidays
Since holidays are often about spending time with loved ones, they can be very difficult for people who have experienced loss or significant changes. Memories of good times and togetherness during the holidays become emotional reminders of loss, and watching others embrace the excitement of the holidays accentuates this pain. Therapist Jean Holthaus provides tips on how to be present and participate fully in your journey through this holiday season.

Navigating Loss & Change

Tips for Avoiding a Holiday Relapse

The holidays can hold a lot of triggers when you're in recovery. Make sure to prepare for high-risk situations or events during the holidays by reviewing some tips from our Addiction & Recovery team. Give yourself and those you love the best gift ever this season: Continued recovery through sobriety!

Staying Sober Through the Holidays

Not Feeling so 'Merry & Bright'?
Gretchen Johnson, DNP, MSN, RN-BC, is the Chief Nurse Executive at Pine Rest, where she has served many dynamic roles during her 20+ year career. She started as a psychiatric technician and was able to grow her nursing career to a nursing doctorate with support from Pine Rest. Last year she created the Pine Rest Academy for Nursing Students which provides up to $40,000 in tuition assistance to aspiring nurses, and earlier this month she introduced a new continuing education series for nurses. Gretchen is passionate about safe patient care and high-quality nursing practices for the whole organization.

“What brings me most satisfaction is when I get to witness excellent nurse or tech interactions with patients”, says Gretchen. “I love seeing our patients get well. We have excellent, caring staff here at Pine Rest. I am honored to serve alongside them! I know that I am living out my purpose at Pine Rest.”

We congratulate Gretchen for being recently named among Crain’s Notable West Michigan Leaders in Health Care for 2023!
'i understand' + Project EAS Blanket Drive

Now through December 31, 2023, anyone can donate a new, unused blanket to one of several drop-off locations around Grand Rapids. On January 4, the blankets will be delivered to Pine Rest to serve as comfort gifts for patients experiencing mental health crises.

This drive is being made in memory of local husband and father Eric Spitler, who tragically lost his life to suicide in 2021. Eric’s wife and children have made it their mission to save lives one blanket at a time.

Christmas Greetings from All of Us at Pine Rest!
NEW SESSIONS BEGIN SOON! Nurtured Heart Approach®

The Nurtured Heart Approach® has become a powerful way of awakening the inherent greatness in all children, including those who are challenged behaviorally, socially and academically, while facilitating parenting and classroom success. Learn More.

Upcoming Support Groups & Community Classes

Complete List of Available Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you’ll invite your friends and family to sign up today!