

Mental Health Matters

Stress-free Holidays: Tips for a Joyful Season



The holidays are here again, along with all the joy and challenges they bring! While the sudden change in schedules and busyness can feel stressful, you can take several positive and practical steps to enjoy more and stress less this holiday season. Therapist Leah Ewald shared her recommendations with Maranda on how you and your family can avoid being overwhelmed by it all.

[Watch Leah's Interview with Maranda on ABC4](#)

[Leah's Interview in Spanish on ABC4](#)

[More Articles & Tips for Coping with the Holidays](#)

Holidays Can be Challenging for People with Eating Disorders



Psychologist Rebecca Busman discusses how we can provide practical support and compassion to our friends and family members living with an eating disorder, especially when many of the holiday seasonal activities and gatherings are centered around food.

[Watch Rebecca's Interview on WZZM13](#)

[More on Supporting Loved Ones with an Eating Disorder](#)

Tips for Sober Celebrating



Maintaining sobriety while attending holiday events and parties traditionally associated with drinking is possible, but it will require planning. The more safeguards you put in place ahead of time, the greater likelihood you will be able to distract yourself from using. Our recovery staff offers ideas to help you stay sober and enjoy the holiday season.

[Read Tips for Sober Celebrating the Holidays](#)

Rapid Access to Psychiatry at Pine Rest!

We know how frustrating it is not to be able to get a psychiatric evaluation or services when you need them, and we've been investing in ways to make these services more available than ever. Please help us spread this good news!

Same-day walk-in psychiatry assessments, connections to additional services, and prescriptions as needed for adults at our Psychiatric Urgent Care Center. Open daily!

[More About Our Psychiatric Urgent Care Center](#)

Same-week appointments for psychiatric evaluations, medication management and therapy for adults at many of our 19 outpatient clinic locations and through telehealth. We have also reduced wait times for child and adolescent appointments. Call 616.258.7500 to make an appointment.

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"Let your hopes, not your hurts,
shape your future."

Robert H. Schuller

Upcoming Groups & Classes at Pine Rest



Nurtured Heart Approach® Classes

Next session starts January 2025!

Call Caledonia Clinic **616.891.8770** to sign up.

This virtual class welcomes parents, legal guardians, grandparents, foster parents, other family members, educators and other professionals. 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 & Sign Up Today](#)



Love and Logic: Adults Supporting Youth with Challenging Pasts®

Next session starts January 2025!

Call Traverse City Clinic at **231.947.2255** to sign up.

This virtual course, offered through our Traverse City Clinic, follows the *Love and Logic: Adults Supporting Youth with Challenging Pasts®* training program. We welcome general and special education teachers, counselors, psychologists, foster parents, adoptive parents, and anyone else serving youth who have experienced trauma.

[Learn More](#)

[See All Community Groups & Support Classes](#)

Merry Christmas from Pine Rest!



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[Mental Health Matters Newsletter for Family & Friends](#)

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