



December 2025

IMPORTANT DATES

December 10
Perry County Criminal
Justice Collaborative

December 11
MHRS BOARD OF
DIRECTORS MEETING

December 16
NAMI Six County
Holiday Party

December 24
Office Closes at noon

December 25
Office Closed for
Christmas

December 31
Office closes at 3pm

Looking Ahead: Preparing for the New Year



As the year winds down, many of us feel the pull to reset, refocus, or start fresh. The days between the holidays and the new year offer a natural pause—a chance to reflect on what we’ve learned, release what no longer fits, and set gentle intentions for the months ahead. Preparing for the new year doesn’t have to mean dramatic resolutions or sweeping changes. Sometimes the most meaningful steps are small: identifying one habit that supports your well-being, reconnecting with a goal you set aside, or choosing a word or theme to guide the year ahead. These simple anchors can bring clarity without adding pressure.

It’s also helpful to look back before looking forward. What brought you strength this year? What challenged you? What surprised you in a good way? These questions can shine light on what you want more of, and what you’re ready to let go. As we enter January, remember to take things at your own pace. Growth doesn’t follow a calendar, and progress isn’t linear. Give yourself permission to move into the new year with steadiness, curiosity, and compassion. Here’s to a year ahead filled with health, connection, and hope.

-Jamie McGrew

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SUICIDE
& CRISIS
LIFELINE

