

We believe in mental **STRENGTH**
not mental illness

THINK. ORGANIZE. CHOOSE.

DEAR MIAH...

Grief Docuseries - NOW AVAILABLE ON OUR WEBSITE

Last month we announced that Dr. B has courageously decided to publicly grieve the very recent, and extremely hurtful, loss of her daughter, Miah. Dr. B hopes to change the culture and negativity associated with grief. While grief is painful, exhausting, and terrifying, it is necessary for growth and healing.

This raw and authentic content is compiled with videos, letters, pictures, and memories of Miah...but mostly, love. Please feel free to share this page with anyone you'd like, whether they are on their own journey of grief or not. We believe this page can be helpful to anyone, but certainly anyone grieving the loss of a loved one, recently or long ago.

The pain of loss, and the avoidance of grief, can be overwhelming for some. [This page](#) can provide insight into how some people can be affected by the loss of one person for years to come, and how that loss could contribute to suicidal thoughts.

If you or someone you know is struggling with thoughts of suicide, please click [here](#) or seek emergency care immediately.



To follow Dr. B's grief journey over the next year, click [here](#) or visit www.MentallySTRONG.com/grief

STAFF SPOTLIGHT



EVEVETTA HARRIS – Counselor

Please help us in welcoming our new Mentally STRONG counselor, Evevetta. Evevetta is very special to us as she was formerly Miah's nurse, Dr. B.'s daughter who recently passed this past December. She's an exceptional addition to our team and we are very grateful to have her here!

ERIN JOHNDROW – Medical Receptionist

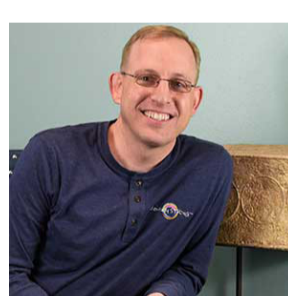
Please help us in welcoming our new medical receptionist, Erin. Erin has adapted to our fast-paced front desk and is a delight when greeting patients in the lobby and when returning calls to patients! We appreciate all of your hard work so far in the short amount of time you've been with us and we look forward to having you around for a while!



TEAM BIRTHDAYS – FEBRUARY



FEB. 5TH
STEPHANIE SHUNK, MSM
Counselor



FEB. 20TH
JACOB WILSON, PMHNP-BC
Psychiatric Nurse Practitioner



FEB. 21ST
JOHN SCHUMACHER, MSM
Counselor



FEB. 26TH
ERIN JOHNDROW
Medical Receptionist

QUICK ANNOUNCEMENT



We are excited to share that we are expanding our space in our current office! In March, we will begin utilizing our new space mostly for The Mentally STRONG Academy. The Mentally STRONG Academy was created by Dr. B. to focus on training, education on The Mentally STRONG Method, and more.

FOLLOW OUR PODCAST & SOCIAL MEDIA

Read more on our [blog!](#)



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