

Did you know that puzzles and word searches can actually help your mental health by alleviating stress? See if you can find the twenty words in the word search puzzle below.

Mental Health Awareness

S E I B B O H T H E R A P Y
 I O S E E S I C R E X E S A
 A C R D E P R E S S I O N N
 E C E C N E L O I V E M O R
 O G L S S S L E E P I I I E
 X R A U R E I A U N T W S S
 L I X C O E I A D A E W S P
 Y E I O U S N F L C S N E E
 O F N F T X U O P N N I R C
 G O G I I L S C O P I N G T
 A S H E N I A G T T N S A I
 C E T E E E B A L A N C E D
 E Y S R S L A O G T E S R S
 S S N E W I T H D R A W A L

YOGA
 FOCUS
 THERAPY
 COPING
 AGRESSION
 VIOLENCE
 MINDFULNESS
 RESPECT
 GRIEF
 SET GOALS
 EXERCISE
 WITHDRAWAL
 DEPRESSION
 BALANCE
 ROUTINE
 ANXIETY
 ISOLATION
 HOBBIES
 SLEEP
 RELAXING



thrive

moving people from surviving to thriving

November
 December
 January
 Quarterly Newsletter
 2022~2023

Thrive is doing big work in DEI

Thrive as an organization has always considered diversity, equity, and inclusion to be extremely important parts of our work in mental health, housing, and financial services. In order to get more deeply engaged with these concepts, Board Members decided to form a DEI Committee in 2021. Committee members have collectively written a DEI Statement for Thrive that is intended to express the intentions of Board and Staff alike when it comes to ensuring that Thrive is an equitable organization. The committee has also

participated in many training opportunities in the past couple of years so that Thrive Board Members and Staff can continue to learn more about equitable practices. The DEI Statement is included here for all to see and can be found on the Thrive website as well. If you would like to be a part of the Thrive DEI Committee, please contact Tracey at tgruver@thrive4health.org. We would love to have you be a part of this group as we work toward a more equitable world!

Thrive DEI Statement

Thrive seeks to advocate across race, gender, age, religion, identity, and experience to develop innovative, accessible and meaningful programs to everyone.

We, as a community, are determined to educate ourselves about the history and current state of inequitable systems and how these systems disproportionately harm many of our stakeholders.

We take full responsibility for our complicity in the inequitable systems that exist, and we vow to advocate for real and lasting change.

We dedicate ourselves to providing support and opportunities to the communities we serve, and to dismantling inequitable systems in any way possible.

Our doors are open to provide hope, healing, and the ability to turn surviving into THRIVING.

Support Thrive Today

1. Become a DreamBuilder. This means you give a monthly gift to Thrive of any level. It could be \$5 a month or \$500 a month. The amount is up to you, but it helps us so much to have regular donations we can count on each month. Give at www.thrive4health.org and click the box that says "Make a recurring donation." That's all you have to do – your card will be charged on the same day each month.

2. Give a donation to Thrive in your will or estate plan. There are many options when it comes to bequests, so talk to your financial planner about including Thrive in your estate plan.

3. Use Amazon Smile when you shop online. Go to smile.amazon.com and search for Sixth Avenue Psychiatric Rehabilitation Partners, inc dba Thrive. Once you select our organization, you can just go to smile.amazon.com any time you are ordering from Amazon and Thrive will receive a percentage of the sale price.

\$5,000 goal

Together we give.

Nov 29, 2022

GI VING TUESDAY

Want to know how you can support Thrive today? Make a donation online at thrive4health.org any time. Scan the QR code with your phone and donate that way! Or send a check with the envelope provided. As always, thank you for your support. We couldn't do our work without you.



Meet Abigail

Thrive Staff

Q: What did you do before Thrive?

A: Before working for Thrive, I worked retail at a local art store and ran a pet sitting business for nine years. Through the pandemic, I began painting murals for downtown businesses and continue to do so.

Q: Why did you want to work at Thrive?

A: Working and networking through Hendersonville over the years has opened my eyes to the ever-present needs in our community. It was time for me to find a way to get involved every day. Thrive offered me a way engage in meaningful work in our county.



Q: What is your favorite thing about your job here at Thrive?

A: I cherish working directly with members every day. It's both inspiring and humbling to serve and support them in their goals. If being surrounded by motivated and perseverant folks doesn't put you in a good mood, I don't know what will!

Q: What do you like to do in your free time?

A: In my spare time, you'll find me working towards my Peer Support Specialist certification, engaging in the arts, and enjoying downtown Hendersonville with friends and family.

11TH ANNUAL BIDS & BLUES

Thanks to all who participated in the 11th Annual Bids & Blues fundraiser. We raised \$50,000 for Thrive services, and a good time was had by all. We are so grateful to all of you who attended the event, but also for those who sponsored the event and to all the businesses and individuals who donated items for the silent auction and the raffle. Thank you for making year 11 one of the best!

#Giving Tuesday November 29th

We are working to raise \$5,000 this year on #GivingTuesday so that we can replace the dishwasher at the Clubhouse. Can you help? Would you be willing to host a Facebook fundraiser for us? If we can get 10 people to raise \$500 each, we will meet our goal! Please contact Tracey at tgruver@thrive4health.org if you are willing to help with our #GT fundraiser. Thank you!

Sincerely,
Tracey Gruver
Development &
Communications
Director

