



May 2024
Monthly Newsletter for the
SASH for All program

Support and Services at Home (SASH®) for All

is a caring partnership of local agencies working together to help individuals and families stay housed and healthy. **SASH for All is voluntary and free!**

Upcoming Events:



Coffee, Tea, & Conversation

w/ Jeff Rose, MA, LCMHC

- * Tuesdays, ongoing 4:00–5:00 pm
Birge Street Community Room

Art in the Neighborhood afterschool

- Puppet Making w/ Sandglass Theater's
Jana Zeller, May 8th & 15th

- * Wednesdays, ongoing, 3:30-4:45 pm
Birge Street Community Room

Open Community Room hours

- * Thursdays, 11:00-noon
Birge Street Community Room

NEW Event:

Journal Making for Adults

- * Friday, May 17 2:30–3:30
Brattleboro COOP Community Room
(entrance by 9 Canal Street)

Your *SASH for All* Team

Elena Luring

SASH for All Coordinator

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SASH for All Wellness Nurse

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In Office: Monday, Thursday & Friday

Jeff Rose, MA, LCMHC

Social Emotional Wellness Clinician

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Cell: (802) 490-9000

In Office: Monday, Tuesday, & Wednesday

MAY is Mental Health Awareness Month

Using Distraction to Cope:

Having a hard time? Distraction has been shown to help de-escalate challenging emotions *before* a person reaches a crisis situation. What distractions do you enjoy:

Doing a puzzle?

Watching cute kitten videos?

Drawing?

Cleaning off the countertops?

Fixing an appliance?

... any engaging activity can be a distraction.



Crafts and journaling are both excellent distractions for many people. Join SASH at the Brattleboro Coop Community Room to make your own journal and get a writing prompt. See Events Calendar.



HCRS Crisis Line: 800-622-4235

This line is available 24/7. Call when you need to speak with someone NOW because you are in crisis, or when you are supporting someone who is in crisis.

You will leave your phone number and a friendly, knowledgeable person will call you back in 15 minutes or less to offer guidance.

"Be yourself; everyone else is already taken."

~ Oscar Wilde

* Attend any Event or come to Community Room hours to be entered into a raffle for a Market 32 gift card!

April's gift card winner is: Bill Reimer