



SO MUCH TO SAY!

January 2023 Newsletter

New Year, Greater Impact

Our Annual Report is Live on the Website!

[Annual Report](#)

Whole Family Wellness Webinar Series

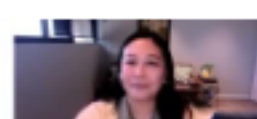
As part of SAY's mission to partner with youth, adults, families, and communities to reach their full potential, we hosted the Whole Family Wellness series, which included four wellness webinars throughout 2022.

We would like to thank our guest speakers, Anna de la Paz, Lauren Gray and Tiffany Musick, for their outstanding presentations on a variety of topics that will benefit the entire family.

If you missed any of these resourceful lessons or would simply like to revisit them, we've provided the resources below.

Cultivating Resilience & Optimism

Anna de la Paz, a Licensed Marriage and Family Therapist, discusses best practices for cultivating resilience and optimism in your life.



Why is RESILIENCE important for teens & families?

Everything is changing ALL the time.

- Emotions and moods
- Physical bodies and brain
- Relationships
- Rules and expectations
- Trends, styles, interests



Dr D
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[View Resources \(Spanish\)](#)

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Managing Stress & Anxiety

Lauren Gray, a Licensed Clinical Social Worker who has extensive experience in trauma work with children and adolescents, discussed how stress and anxiety can affect many of us from a physical and psychological perspective.

She provides tools for managing stress and anxiety in the moment, as well as strategies for reducing chronic stress and anxiety in your life.

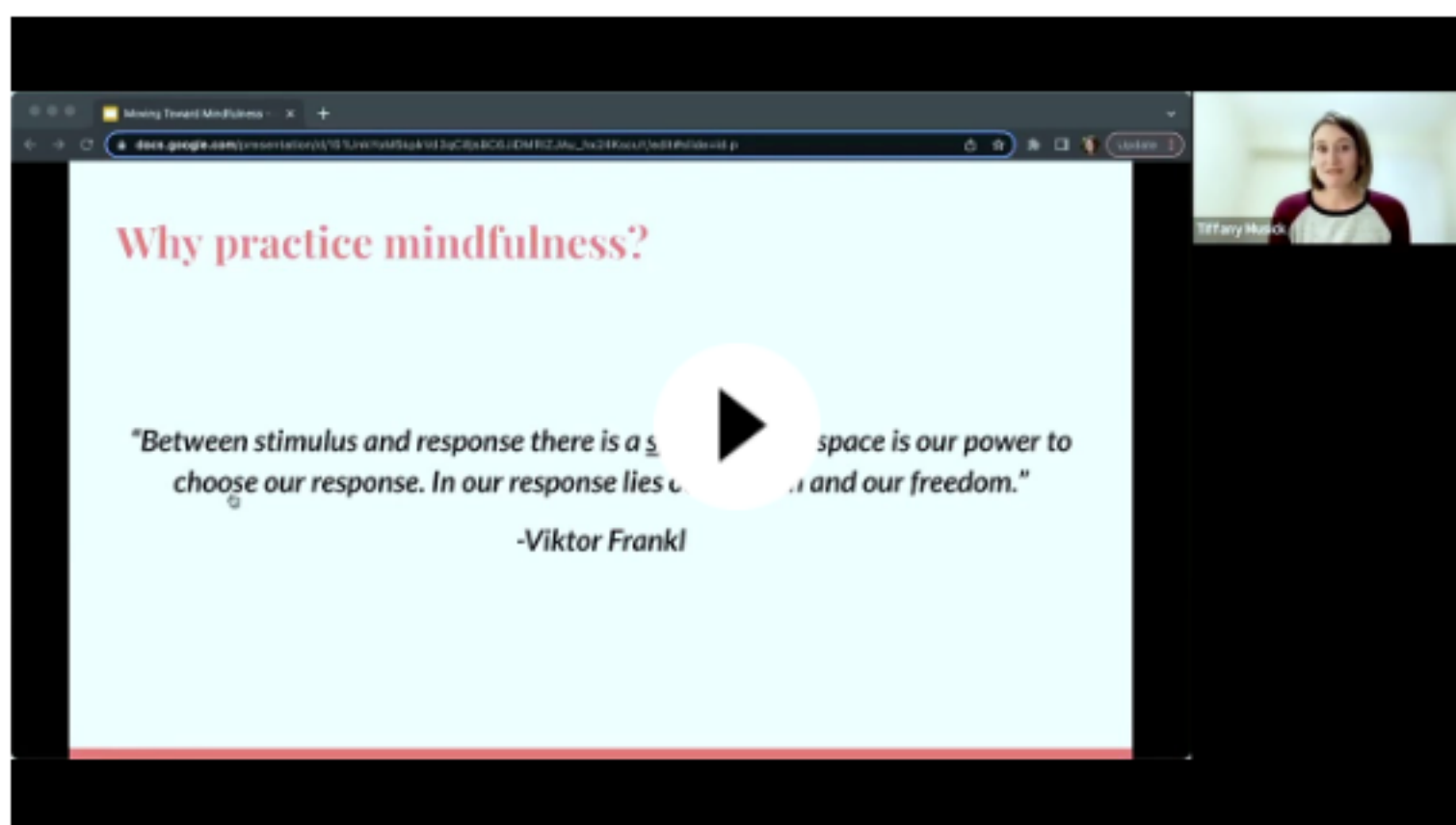


[View Resources \(Spanish\)](#)

[View Resources \(English\)](#)

Moving Toward Mindfulness

Tiffany Musick, a leadership coach and facilitator, talks about how mindfulness helps us stop and be in the moment so we can be happier and make changes that matter in our lives.



[View Resources \(Spanish\)](#)

[View Resources \(English\)](#)

Exploring Emotions

Concluding our webinar series, we welcomed Tiffany Musick back to discuss how emotions affect our bodies, minds, and daily lives. Learn about the significance of emotions and the best ways to manage them.



[View Resources](#)

[Tools & Strategies
\(English\)](#)

[Tools & Strategies
\(Spanish\)](#)



We would like to thank [UnitedHealth Group Inc.](#) for providing us with the funding to make our Whole Family Wellness Webinar Series possible.

A Great Place To Work



SAY San Diego has been consistently selected as a Top Workplace Award winner, qualifying SAY as one of the best places to work in San Diego, based on employee surveys.

We're currently hiring! If you're interested in working with SAY San Diego, click the button below.

[View Open Positions](#)

2022 Annual Report



To see more examples of SAY San Diego's values in action, take a look back at the incredible work we have achieved during 2022.

[View Report](#)



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