



# PEACE OF MIND PACIFIC COUNTY NEWSLETTER HOPE AND RECOVERY FOR ALL!

A Peace of Mind Pacific County publication

Winter 2019 Issue

## Upcoming Events

### February 26th

Community Awareness Dinner  
Peninsula Church Center-Seaview  
Dinner: 6:00 p.m.  
Speaker 6:30 p.m.:  
Elections and Self Care Panel

### March 6th and 20th

Coffee Hour  
1:00 p.m.  
Adelaide's Coffee Shop  
Ocean Park

### Monday March 18th

Annual Spaghetti Dinner  
5-7:30 p.m.  
Peninsula Baptist Church  
Ocean Park

### March 26th

Community Awareness Dinner  
Peninsula Church Center-Seaview  
Dinner: 6:00 p.m.  
Speaker 6:30 p.m.:  
Program to be announced

### April 3rd and 17th

Coffee Hour  
1:00 p.m.  
Adelaide's Coffee Shop  
Ocean Park

### April 23rd

Community Awareness Dinner  
Peninsula Church Center-Seaview  
Dinner: 6:00 p.m.  
Speaker 6:30 p.m.:  
Program to be announced

### May 11th

10th Annual Wellness Walk  
Sponsored by POMPC and the  
Stepping Up Initiative  
Silent Auction  
Bolstad Approach  
9:00—11:00 a.m.

## Board Members to be Elected at February 26th Dinner

*New nominees:* \* KC Carroll, \*Trish Dawson, Elly Rosaire, \*Candy Rutledge, \*Arlene Strubelt, \*Dawna Svaren, Brad Webb

*Nominated for additional term:* Barbara Bate, Kat Erskine, Nikki Fortuna, Bill McDonald, Sigrine Vally

\*Appointed and currently serving as at large members.

To be elected a nominee must receive a majority of votes cast by the present at the February 26th Community Awareness Dinner. The bylaws specify a minimum of seven board members but not a maximum.

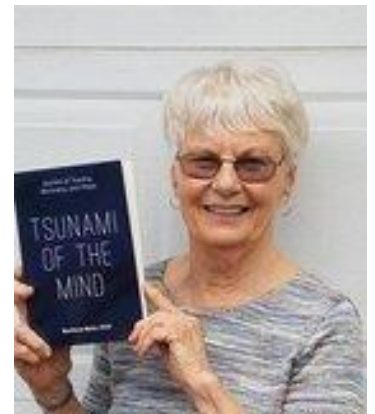


## Tuesday Community Awareness Dinner and Self Care Panel



The 6:00 p.m. dinner will include Mexican food provided by Taqueria el Jalapeno of Long Beach.

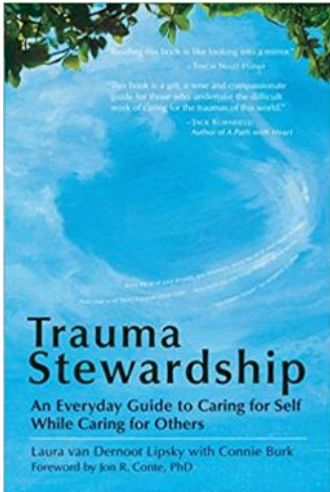
Three local panelists will talk about how to care for oneself while helping other people who are struggling. Speakers are Cindi Kaliszewski of SkyWater Ventures, Elly Rosaire, Family Resource Coordinator for the Ocean Beach School District, and Barbara Bate, local author and advocate.



*A message from the president....*



## The Book Corner: Interesting books on self care

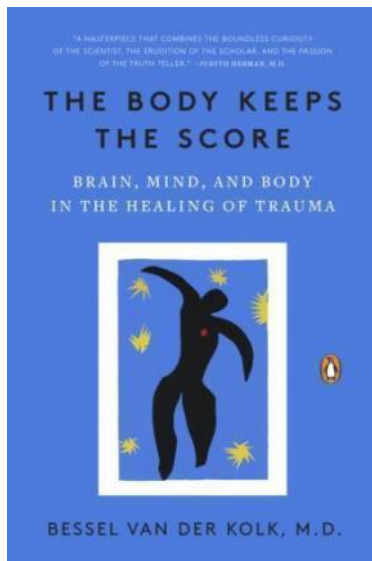
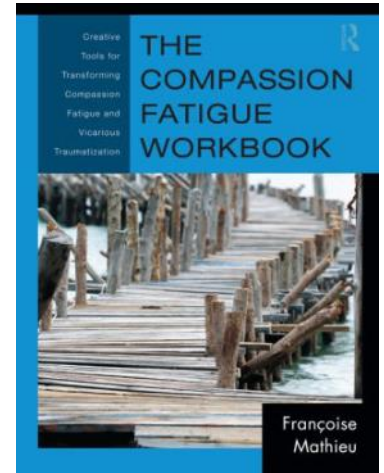


### Trauma Stewardship: An Everyday Guide for Caring for Self while Caring for Others,

Laura van Dermoot

### The Compassion Fatigue Workbook,

Francoise Mathieu



### The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Bessel van der Kolk, MD

### The Age of Overwhelm: Strategies for the Long Haul, Laura van Dermoot Lipsky

STRATEGIES FOR THE LONG HAUL  
**THE AGE OF OVERWHELM**

Laura van Dermoot Lipsky  
Bestselling author of Trauma Stewardship

**POMPC 5th Annual Spaghetti Dinner**

Monday March 18, 2019  
Peninsula Baptist Church,  
Ocean Park  
5:00 p.m. - 7:30 pm.  
Adults (13 and up) \$10  
Children (6 - 12) \$5  
Meat free and gluten free options are available.



Tickets available from POMPC Board Members, on our Facebook shop page, by calling 360.642.3448 or at the door.


Peace of Mind Pacific County advocates, educates and supports mental wellness and brain health throughout Pacific County. We are an associate member of Mental Health America and partnered with Great Rivers BHO, Wellspring Community Network and Grays Harbor College. [www.pompc.org](http://www.pompc.org)

**Fundraiser**

May 11th | 9:00 a.m. Boldstad Approach, Long Beach

## 10th Annual Mental Wellness Walk

THE STEPPING UP INITIATIVE



In recognition of Mental Health Awareness month, POMPC in partnership with Stepping Up Initiative will hold their annual Mental Wellness Walk on May 11th, 2018. Walk from the Bolstad Approach to Clark's Tree on the Discovery Trail. Coffee provided. Followed by a silent auction and raffle. T-shirts and hoodies available for purchase. For more information check out our website ([www.pompc.org](http://www.pompc.org)) or Facebook page.

**PEACE OF MIND PACIFIC COUNTY**

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email: [info@pompc.org](mailto:info@pompc.org)  
toll free phone number:  
1-866-67POMPC (1-866-677-6672)  
Local number: 360-942-3448



**CRISIS TEXT LINE**

**Reach out for help.**

**Text to: 741-741**

You'll be connected with a  
trained Crisis Counselor

**Services are FREE**

**Available 24/7**

**#B4Stage4**

**Mental Health America**

THE  
**STEPPING UP**  
INITIATIVE

*WellSpring*  
COMMUNITY NETWORK  
~ Growing community wellness ~

**GREAT RIVERS**  
BEHAVIORAL HEALTH

**Resources**

[www.bipolarhappens.com](http://www.bipolarhappens.com)  
[www.healthyplace.com](http://www.healthyplace.com)  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)  
[www.facebook.com/peaceofmindpacificcounty](https://www.facebook.com/peaceofmindpacificcounty)  
[www.pompc.org](http://www.pompc.org)

**24-hour Crisis Line**

North Pacific County 360-942-2303

South Pacific County 360-642-3787

Or

1-800-884-2298

Confidential

Free

Immediate

24/7/365

Mental Health  
Professionals

**HOPE**

is only a  
Phone Call  
Away

The **Crisis Line** for  
Pacific County

**1-800-884-2298**