



November 2024



Thank you for voting us the
**Best Mental Health Service Provider in the Berkshires! We
are grateful for your support.**

Seasonal Affective Disorder (SAD)

As the days grow shorter and the weather gets colder, many individuals may experience Seasonal Affective Disorder (SAD). This type of depression typically occurs during the fall and winter months, when there's less natural sunlight. Symptoms can include feelings of sadness, fatigue, difficulty concentrating, and changes in sleep and appetite. If you or someone you know is struggling, it's important to seek support. Light therapy, therapy sessions, and medication can be effective treatments. Remember, you're not alone, and help is available. Your well-being matters to us!

[Click Here for Tips on SAD](#)

Homeless Awareness Month

November is Homeless Awareness Month, a time to reflect on the challenges faced by individuals experiencing homelessness in our community. The Brien Center is dedicated to supporting those in need through various programs and services, including emergency shelter assistance, housing support, and mental health counseling. We work to provide resources that empower individuals to achieve stability and regain their independence. Join us in raising awareness and advocating for solutions to homelessness.

Donor Advised Funds (DAF)

The Brien Center is grateful for the generosity of our community, and Donor Advised Funds (DAFs) offer a meaningful way to support our mission. These funds allow donors to recommend grants to organizations like ours, ensuring that your contributions directly impact those in need. If you're considering ways to give back this holiday season, please think of us. Every donation helps us provide essential services to individuals and families in our care. Please contact Victoria at 413.629.1247 or victoria.may@briencenter.org for additional information.

Thankful!

As we approach Thanksgiving, we want to express our heartfelt gratitude to our supporters, staff, and community members. Your commitment to mental health and wellness makes a profound difference in the lives of those we serve. This season, let's come together to spread kindness and compassion, ensuring that everyone has the opportunity to thrive. Wishing you a warm and joyful Thanksgiving!

"I feel I have a gift for working with people in this field and a way of understanding that helps others take the steps they need to, to progress in their recovery or with their mental health". I'm very proud of all this work and it makes me proud to be a part of something that were building. It's an everlasting and evolving culture."

-Rob H.

Marina, Jordan and Rob -Pomeroy House - Adult Community Crisis Stabilization



We Are Hiring

“THE BEST WAY TO
FIND YOURSELF IS TO
LOSE YOURSELF IN
THE SERVICE OF
OTHERS.”

-MAHATMA GANDHI

Apply Today!

BRIENCENTER.ORG/CAREERS



Community Behavioral Health Center Employees

Apply Today!



Make A Positive Impact

Together, we can make every day a brighter day!

Donate Today

Keep in touch!



B *THE BRIEN CENTER*

Your courage, our care.



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