

Townhaller

DONATE TO TOWNHALL II

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“To plant a garden is to believe in tomorrow.

-Audrey Hepburn



DROP-IN VICTIM OF CRIME ADVOCATES

Stop by the All Faith Chapel at Hiram College on **Wednesdays from 5:45pm- 8:45pm** to speak with Townhall II Victim Advocates, starting March 6th!

At the events:

- Learn about possible volunteering opportunities.
- Equip yourself with local resources.
- Grab some free Townhall II swag.
- Talk to a Victim Advocate. This service is 100% free and confidential.

March is Problem Gambling Awareness Month

With **March Madness** coming up, you may hear coworkers or friends mentioning betting on the games or players. Sportsbooks became legal in Ohio in early 2023, which may encourage some people to play since a “bad thing” must be illegal, right? Wrong. Gambling can lead to extreme distress, relationship problems, financial difficulties, and feelings of guilt, shame, or regret. So, why does gambling seem so exciting at first?

Gambling affects the brain in the same way that drugs and alcohol do, which is why you are able to become addicted to it. When someone gambles and wins, it makes them feel great. So they keep gambling, hoping to feel that way again. In doing so, they may spend money they cannot afford to lose. While the slot machines, poker tables, and sportsbooks may differ in rules, their outcomes when you are addicted to them are the same.



If you believe you may be addicted to gambling, we are here for you. Townhall II runs a state-wide Problem Gambling Counseling Group that meets once a week via Zoom. Meetings take place on Mondays from 6-8 p.m.

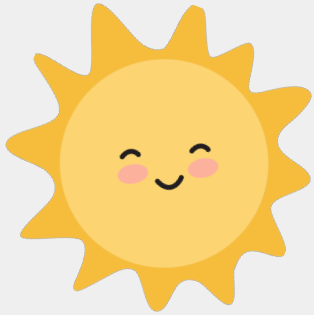
If you would like to talk to a counselor, join the Problem Gambling Group or make a referral, please contact Bill Newberry, LCDCIII, ICGC-1 at billn@townhall2.com or call 330-678-3006.

HAPPENINGS OF THE MONTH

17TH

St. Patrick's Day

- St. Patrick's Day was originally started to honor Saint Patrick of Ireland. The holiday is held on March 17th because it is the anniversary of his death.
- People originally associated the color blue with St. Patrick instead of green! Green was introduced in the 18th Century when the Shamrock became the symbol for the holiday.
- Every year on St. Patrick's Day, officials in Illinois dye the Chicago River green.



First Day of Spring

Spring is coming! While we cannot be sure the weather will warm up immediately, we do know that this day will mark the beginning of long, sunny afternoons. It will also bring fresh flowers, early morning birdsongs, and more opportunities to go outside and enjoy that sunshine! How are you spending this Spring? If it helps you plan, write your ideas down. You can even create a short "Bucket List" with things you hope to experience this season.

19TH

31ST

Happy Easter!



March Events

For more information contact us at 330.678.3006 or email us at info@townhall2.com.



- **Group to Grow**
 - March 6th, 13th, 20th, & 27th from 6:00-7:30PM.
 - 161 E. Main Street, Ravenna, OH 44266
- **Rainbow After The Rain**
 - March 7th, 14th, 21st, & 28th from 6:00-7:30PM.
 - Meets Virtually
- **Mothers in Recovery**
 - March 4th & 18th from 6:00-7:30PM.
 - 161 E. Main Street, Ravenna, OH 44266

Employee Spotlight

Sarah Denison



Start Date: January 10th, 2023

Current Title: Substance Abuse Prevention Specialist

Background: "I graduated from Kent State in August of 2022 with a Bachelors in Peace and Conflict Studies and a Bachelors in Environmental Studies. I have always loved working with kids and helping others, so I feel like my job here is a perfect fit!"

Fun fact about Sarah: Sarah loves thrifting and has gotten most of her wardrobe and home décor second hand!

Sarah's Favorite Quote: "The things that make me different are the things that make me" -Piglet (Winnie the Pooh)

Staff Shout Out!

Helen Jones

Helen is an exceptional Crisis Intervention Specialist. She is kind, compassionate, and always hoping that everyone has "the day that they want." She is constantly flexible with her schedule to help out the team and she has great problem solving skills. Helen brightens up any room she walks into, and we are truly lucky to know her, and have her on the Helpline!

New Staff

**Mamie Sawyer
Brewer**

MAT Clinic Nurse

Tiffany Baldwin
Billing Specialist

Madison Harmon
Substance Abuse
Counselor



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