



## *Emotional Well-being During the Pandemic*

*Many people who might not have felt the need for mental health services prior to the pandemic, are now struggling with increased anxiety, fear, and depression. These strong emotions are normal and appropriate reactions to the acute stress and major disruptions in our daily lives brought on by the coronavirus. While focusing on how to slow the spread of the virus is important to our physical health, managing mental health is also vital to our well-being.*



There are a number of self-care strategies we can use to help us cope during these difficult times. Engaging in physical activity, getting enough sleep, having a healthy and balanced diet, and connecting virtually with family and friends will ease the troubling feelings we are experiencing. Establishing and maintaining a daily routine, which includes time to relax and recharge, provides a sense of normalcy amidst all the uncertainty we are facing.

Given the intensity of emotions associated with the virus, seeking help through therapy is also beneficial to your positive well-being. Our skilled and compassionate therapists are available to help you uncover your strengths and learn new coping mechanisms that allow you to deal with the challenges arising from the pandemic.

### OUR THERAPISTS ARE HERE TO HELP YOU NAVIGATE FEELINGS COMMONLY ASSOCIATED WITH COVID-19:

- ANXIETY
- DEPRESSION
- GRIEF
- LONELINESS
- APATHY
- CONFLICT
- FEAR

*Our therapists are available now to meet with you in-person or through Telehealth. Call us at 860.313.1119 to make an appointment.*



# Welcome to Bridge Elmwood

We recently opened Bridge Elmwood, a mental health clinic, at 100 Shield Street in the Elmwood section of West Hartford. Located on the borders of West Hartford and Hartford and in close proximity to Newington, the new location allows for additional therapist space and enables the Bridge to better meet the growing demand for our services.

*“We are excited to broaden our footprint in the Elmwood section of West Hartford. Having the clinic located along a bus line makes it easier for children and families in this area to access our services while remaining a convenient site for all West Hartford residents,” said Margaret Hann, Executive Director of the Bridge Family Center. She concluded, “With the current Covid-19 health crisis and historic job losses, the demand for our service has never been greater, and we expect to see a continued rise well after the pandemic is over. Our larger facility ensures we are able to care for all those who come to us seeking hope and healing.”*

While the Bridge has vacated its space at 1038 Farmington Avenue, it will still maintain a presence in the center of West Hartford. We recently purchased property at 1021 Farmington Avenue to house another Counseling Center. Extensive renovations are underway and we plan to open the facility in the spring of 2021.



## Children's Charity Ball

== SAVE THE DATE ==  
**APRIL 24, 2021**

Due to the pandemic, our Children's Charity Ball has been rescheduled from January 23 to Saturday, April 24, 2021.

The Ball will be held virtually, complete with live and silent auctions and our popular Changing Lives Challenge.

Our incredible committee is hard at work planning for what is sure to be another awesome event!

For more information, visit our website:  
[www.bridgefamilycenter.org](http://www.bridgefamilycenter.org)

*To make an appointment for counseling, please contact the Bridge Family Center at 860.313.1119.*



**MAKE A LASTING DIFFERENCE.** *LEAVE A LEGACY.*

## Remembering Mims Butterworth

Miriam Butterworth led an extraordinary life as an activist, educator, historian, and philanthropist. For over 80 years, Mims, as she was affectionately known, was a fierce advocate for peace, social justice and democracy. While she traveled across the globe attending peace talks and protests, she could often be found standing on the corner in West Hartford Center on Saturday mornings demonstrating against war.



Mims cared deeply for her community and partnered with organizations that shared her belief that every voice needs to be heard. The Bridge is grateful for Mims' friendship and the philanthropic support she provided us throughout her life. We were blessed and humbled to learn upon her passing that she had included us in her estate plans leaving us with a legacy gift of over \$24,000. We deeply appreciate her incredible generosity and only wish we had the opportunity to thank her for this magnificent gift while she was alive. Thank you Mims for continuing to enhance the lives of our children and families now, and for generations to come.

To learn how you can make a difference for children and families far into the future, contact Doreen Tarascio, Director of Development and Communications, at 860.521.8035 ext. 1108 or [dtarascio@bridgefamilycenter.org](mailto:dtarascio@bridgefamilycenter.org). For more information, visit [www.bridgefamilycenter.org](http://www.bridgefamilycenter.org)



### *Your Support is Changing Lives*

Every day, across our communities, your support provides a hand up, a first step, and a fresh start for hundreds of children and families. You are ensuring a safe haven for teens and young adults who have experienced significant trauma in their young lives. You are welcoming and educating families from all corners of the world. You are promoting positive youth development. And, you are meeting the mental health needs of children, adults, and families.

Your choice to support the Bridge fosters the courage and strength in children and families to meet life's challenges and build fulfilling lives. Thank you!

**PLEASE INCLUDE US IN YOUR GIVING BY MAILING A GIFT IN THE ENCLOSED ENVELOPE, OR BE IN TOUCH TO LEARN ABOUT THE ADDITIONAL GIVING AND ENGAGEMENT OPPORTUNITIES THAT FEEL RIGHT FOR YOU.**

EVERY FAMILY is a newsletter of the Bridge Family Center | 1022 Farmington Avenue, West Hartford, CT 06107-2105 | 860.521.8035  
[info@bridgefamilycenter.org](mailto:info@bridgefamilycenter.org) | [www.bridgefamilycenter.org](http://www.bridgefamilycenter.org) | [facebook.com/BridgeFamilyCenter](https://facebook.com/BridgeFamilyCenter) | Executive Director: Margaret A. Hann | Editor: Doreen Tarascio.  
The Bridge is a private, nonprofit youth and family service agency offering a broad range of services to children, youth, families, and adults. Our counseling centers are in Avon, West Hartford and Rockville, and our Family Resource Center is located within the Charter Oak International Academy in West Hartford.