

Four Health Family Resource Center wants to keep you connected to our mission and goals!

Welcome to our first monthly newsletter! It is our hope to continue our mission and keep our community connected with our services, events, resources, and needs. Four Health appreciates all your support!

Did You Know?

**More than 43 million Americans suffer from mental health issues.
1 in 5 young people has or will develop a mental health issue in their lifetime.
Most Americans lack access to adequate mental health treatment.**

Our Mission

To promote social, emotional, physical and spiritual health throughout the lifespan. To never turn anyone away based on income status. And to provide quality services in a safe environment.

Meet the Team

Executive Director: Jenifer Muzer
Office Manager: Monica Smelt

Therapists:

Melissa Athmann, MA, LPC
Pam Gregorski, LMSW
Brittany Zukowski, MA, LLPC, LLMFT
Becky Palmer-Hornbrook, LMSW
Nancy Starin, MA, LLPC
Sarah Rhein, MA, LLPC

Board of Directors:

Angie Mason-Maranda - Chair
Larry Mercer - Vice Chair
Tina Hooper - Treasurer
Lynn Mason - Secretary
Angie Stephens, Becky Poor, and
Monica Light

Year Review

We had the privilege to participate in community events such as Lowell's Pink Arrow, Saranac's BridgeFest, and FROM's appreciation day!

Four Health also provided new and fun activities for our community to participate in and to connect with one and other, such as, a free yoga class and a disc golf tournament.

We have been able to continue our mission by implementing our programs:
Bridging the Gap- Lowell Area School
Bridging the Gap - Saranac Community Schools
Scholarship Program - Providing assistance to those who cannot otherwise receive mental health services.

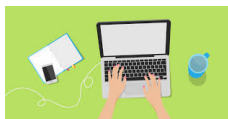
***** We Need Your Help! *****

We are asking for donations to support our Bridging the Gap - Lowell Area School Program. Our 2020 funding is limited and your donations will allow at risk students to continue receiving individual attention from one of our mental health therapists!

While we continue to apply for grants, your donations serve as a tremendous support for our community.

New Position Opening

We are currently looking to hire a Master's level social worker (LLMSW or LMSW) to aid our Saranac school program and see additional clients at our office.

Connect With Us:

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