

MISSION

**TO PROMOTE WELLNESS,
EMPOWERMENT, AND LEARN
TO COPE WITH LIFE'S
SITUATIONS BY EDUCATION,
TRAINING, MENTORING AND
LINKING PEOPLE WITH A
VARIETY OF RESOURCES**



DEVELOP A WELLNESS LIFESTYLE

KEEP THE FOLLOWING IN MIND AS YOU DISCOVER YOUR OWN WAYS TO REDUCE SYMPTOMS AND MAINTAIN WELLES:

- REGULARLY TALK TO YOUR COUNSELOR, DOCTOR OR OTHER HEALTH CARE PROFESSIONALS
- DO EXERCISES THAT HELP YOU TO RELAX, FOCUS, AND REDUS STRESS
- AVOID DRUGS AND ALCOHOL
- ALLOW YOURSELF TO BE EXPOSED TO LIGHT
- IMPROVE YOUR DIET
- ATTEND LOCAL SUPPORT GROUPS REGULARLY
- RECORD YOUR THOUGHTS AND FEELINGS IN A JOURNAL

A Touch of Kindness
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One Person at a Time

TO LIVE WITH DIGNITY AND WITH A
QUALITY OF LIFE

A TOUCH OF KINDNESS



719-784-3962

What A Dying Person Wants



- ⇒ Seeing the people who were important to them
- ⇒ Saying things that are important to them
- ⇒ People want to talk about their

death

- ⇒ Wants to be told the truth and honesty about what they can expect
- ⇒ Dying person want to feel a sense of integrity and completeness
- ⇒ Dying person wants to make choices
- ⇒ Wants companionship
- ⇒ Talking
- ⇒ Asking questions
- ⇒ Sharing feeling
- ⇒ Laughing
- ⇒ Wants to be touched

Programs Offered

1. **Mentoring Program** works to pair clients and mentors with similar experiences. Mentors will offer their experience and hope. They are simply there to share with clients workable solutions to their problems, while remaining compassionate, understanding and objective in a caring manner. They are willing to share their time and form a friendship to prevent suicidal behavior.
2. **Speakers' Bureau** provides volunteer speakers to community centers, inpatient wards, business organizations, schools, colleges, and health professionals. Our services are available to any group looking for a speaker
3. **Volunteer Opportunities**
4. **Emotions Anonymous Support Group Meetings**

Signs and symptoms of Depression

The signs and symptoms of depression vary depending on the form of depression.

These may include:

1. Anxiety
2. Sadness
3. Irritability
4. Crying
5. Headaches
6. Exhaustion
7. A sense of inadequacy



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