

# *The* ***GROVE***



**OCTOBER-DECEMBER 2024**  
**QUARTERLY**  
**NEWSLETTER**

# UPCOMING EVENTS



- Booth/Visit to the Montgomery County Library
- Booth/Visits to Local Pride Day Events
- Booth at May Day



- Life As it Grows (Teen Group) will be on Wednesdays from 4:15pm-5:15pm beginning January 15th, 2025

# WELCOME OUR NEW TARGETED CASE MANAGER: AUDREANNA OSBORNE



Audreanna is one of our new additions to our staff and we are so excited to have her join as a Targeted Case Manager! Audreanna is currently working on her Masters in Counseling Education at Lindsey Wilson. She has two children and two fur-babies. In her free time, Audreanna enjoyed being outdoors, going to the movies with her kids, trying new restaurants, and spending time with family and friends.



# WHAT HAVE WE BEEN DOING? A LOOK BACK THROUGH OCTOBER - DECEMBER



## OCTOBER 2024: BOOFEST FUN!

Groundwork Counseling Staff were in attendance at BooFest in Mt. Sterling this year and had a blast! A big thank you to our intern, Lesley, and admin staff, Lynn, for helping with this event!

## NOVEMBER 2024: RESOURCE FAIRS AND GIVEAWAYS!

Major shoutout to our Targeted Case Manager, Audreanna, who set up a booth at Montgomery County Jail's Resource Fair! In November we also held a social media poll and those who participated were entered in for a giveaway. We at Groundwork Counseling plan to continue to offer giveaway and contest opportunities in the future; so keep an eye out for announcements on our social media.



We are doing a Thanksgiving gift card giveaway!

How to enter? Vote in our poll below on your favorite Thanksgiving Day food and share on your page.

Requirements: You must currently be a Kentucky resident, that's it!

When will we know the winner? The winner will be directly messaged on 11/22!

What's your favorite Thanksgiving Day food?

Turkey



## DECEMBER 2024: UGLY SWEATER DAY

We had so much fun participating in Ugly Sweater Day together (even if we had to be apart) at work on December 16th! We hope to share more events on social media for you to also partake in with us!! Pictured in the group photo from left to right: Dakota, Lynn, Kathy, and Alicia. Pictured in the individual photo: Audreanna.



# WAYS TO HELP US IN 2025

We are accepting donations year-round!  
Some of the things we are looking for are:

- Crayons
- Coloring Pencils
- Markers
- Coloring Books
- Glue
- Paint Supplies
- Puzzles
- Board Games

Donations can be dropped off throughout the week, Monday through Thursday, 10-5 and on Fridays from 11-3.

We also have an Amazon Wish List you can order from that is posted to our Facebook page!



## CONTACT US

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## BLOG INFO



Latest Blog Post from our GWC Comfy Corner:

<https://www.groundworkcounseling.org/post/nurturing-self-kindness-embracing-mental-health-and-self-love-during-the-winter-season>