

# Monthly Newsletter

Volume 3 | November 2021 Issue | Piece of Mind

## Hyacinth's Place

*Helping to strengthen our community one woman at a time*



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## Helping to Strengthen our Community One Women at a Time



### Peer-to-Peer Support Counselors

Congratulations to several residents at Hyacinth's Place who recently completed the National Alliance on Mental Illness (NAMI), Peer-to-Peer eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. NAMI, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

The sessions were taught by trained leaders with lived experience. The program includes activities, discussions, and informative videos. NAMI Peer-to-Peer is a safe, confidential space. The course provides opportunity for mutual support and growth. There is experience, compassion, and understanding from others who can relate to similar experiences as our residents. This is a place to learn more about recovery in an accepting environment.

NAMI Peer-to-Peer assisted residents in the following:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share their story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

Thanks NAMI!

Hyacinth's Place would like to give a special thank you to Ms. Jackie Palumbo, CPC, ELI-MP, a transitional life coach and owner of [Jumpstartcoaching.com](http://Jumpstartcoaching.com). Ms. Palumbo helped the ladies at Hyacinth's successfully complete an Emotional Stability Program. (See article below on Emotional Stability).

### About Jackie Palumbo

After decades as a business leader in the insurance industry, I became a certified professional coach and started my own business to best serve people who struggle to embrace change. I help my clients explore their inner self and learn how to shift their energetic mindset to reach their goals. My experience to help others is deeply rooted in my passion and purpose to encourage people to build a vision and life plan that aligns with who they are and who they want to be. I am grateful to Dr. Sonya Johnson and Ms. Urla Barrow for allowing me to share my passion and purpose with the women at Hyacinths as their facilitator for the Emotional Stability Program.



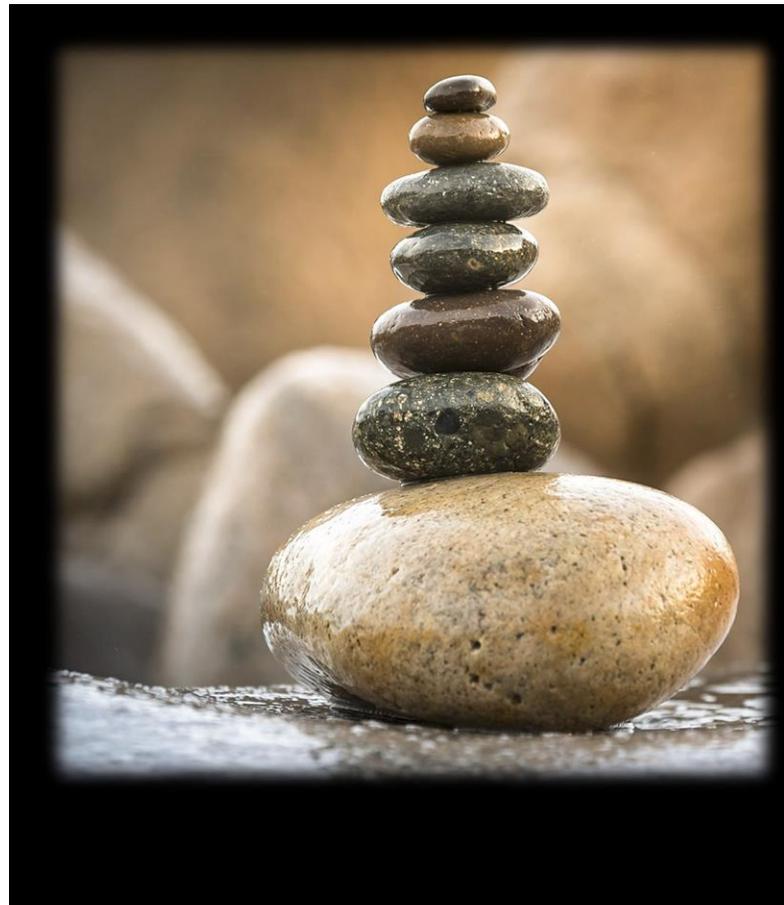
## Emotional Stability

Emotional stability is the capacity to maintain one's emotional balance under stressful circumstances. It is the opposite of emotional instability and neuroticism. Being emotionally stable means, you have the inner strength to face life's challenges and remain calm even when your life seems the most chaotic. "Emotional stability is a desirable trait. It means you can withstand difficult situations, handle adversity, and remain productive and capable throughout. To become emotionally stable, you must be willing to drive headlong in the opposite direction of becoming emotionally expressive, if only temporarily.

We cannot control life, but we can always control our emotions. We lose our jobs, our relationships end, we lose loved ones and life gets out of control. When you develop emotional stability, you can better cope with life's problems, manage your own emotions, stay grounded and find balance. You know when and how to take the right steps to bring your life back on track and experience inner peace and happiness.

If you want to be unafraid of change, manage your anxiety and live a better life even when you face obstacles, then learning to develop emotional stability is imperative.

Emotional stability is a trait that you can learn and develop over time. However, it will not be the easiest thing to do. Once you learn to master your emotions and become resilient, you will be able to stay grounded and balanced even during the most uncomfortable moments of your life. This can be achieved by shifting perspective, expressing emotions, checking expectations, creating an action plan, and self-care.



## Giving Tuesday is November 30, 2021

Hyacinth's Place  
1060 Bladensburg Rd. NE | Washington DC 20002

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[www.hyacinths.org](http://www.hyacinths.org)  
[www.patreon.com/hyacinthsplace](http://www.patreon.com/hyacinthsplace)

Giving Tuesday was created when two organizations, the 92nd Street Y and the United Nations Foundation came together in 2012, about a month before Thanksgiving. Their intention was to set aside a day that was all about celebrating the generosity of giving—a great American tradition. “Giving Tuesday reimagines a world built upon shared humanity and generosity.”

This year as Hyacinth's Place wraps up 10 years of serving women who are homeless with a mental health diagnosis, we are grateful to all our donors. We are grateful for all our learning experiences and all our challenges. We are truly grateful to our Board of Directors, staff, and all our well-wishers who helped spread the joy, hope, and peace that we've managed to gather over the past ten years.

We look forward to sharing our gratitude for the opportunity to help others for another ten years. Please join us through [www.patreon.com/hyacinthsplace](http://www.patreon.com/hyacinthsplace) and donate generously this GIVING TUESDAY and beyond...

With Gratitude,

Urla Barrow (CEO)

