

April 15, 2024

Dear ,


We're growing our support in the community! Here's our update on what's new at Harmonia Collaborative Care.

Our Senior Services department created a **Caregiver Support Series**, made possible with a grant from the Wilson Legacy Fund, to help caregivers learn about self-care. Often caregivers quietly struggle with physical and mental health issues that don't get addressed because of their devotion to their loved one. Our mental health and senior services departments came together to provide tips and tools to help caregivers improve their quality of life. See their full stories on Harmonia's YouTube Channel.

Laura Spencer, PhD, LMHC is our **new Director of Clinics**. She comes to Harmonia with experience in providing and managing clinical services. Learn more about Laura at <https://harmonia-care.org/web/about#meet-our-team>.

Youth research continues to show evidence that the pandemic significantly impacted their mental wellness. Our **in-school mental health** initiatives continue within Lake Shore High School. A Mother Cabrini Health Foundation grant award is supporting outreach to other school districts. We are currently recruiting mental health counselors for our clinics as well as a school mental health clinician.

Our **Health Home program**, providing case management to individuals with severe mental illness and health conditions, is recruiting for additional Case Managers to meet the growing need in the community. Many of the clients we see in Health Home are homeless or in and out of institutions that disrupt their care and treatment.

This year, start your summer at our first major event fundraiser. **Harmonia's Garden Party**  **will take place at the Legacy on 18 Mile Creek, Thursday, June 13<sup>th</sup> from 6pm – 9pm.** Food and beverage provided by Frontier Catering, strolling musicians, lawn games and entertainers will punctuate the event which includes silent auction items, a gift card wall and wine pull. See our sponsors and purchase ticket at <https://harmonia-care.org/web/about#specialEvents>. Your contribution will help us provide competitive salaries to service providers, cover cost not reimbursed by insurance and grow service offerings in our community.

Please get in touch if you would like to tour any of our programs. I am available at 716-947-5025 or by email at [y.nowak@harmonia-care.org](mailto:y.nowak@harmonia-care.org).

Warmly,

Valerie Nowak, MPA, LMHC  
CEO