



The Dreamer's Journal

SEPTEMBER 2022



#NTXGivingDay is 9/22/22



Early Giving Opens September 1st!

HELP US REACH OUR GOAL OF \$10,000!
You can also help by asking your employer to match your donation.



Join us for a cup of coffee, pan dulce, and Facebook live on 9/22/22!
6 AM - 4 PM
300 W Central Ave., Ft. Worth, 76164

TERRA THERAPIES
Raffle!
REMIINDER

DONATE \$10 TOWARD DREAM BIG BY SEPTEMBER 22ND & BE ENTERED TO WIN A SELF-CARE BASKET!

Each \$10 Donation is one entry!

Show our office your Donation Confirmation at your next visit



Venmo	Cash APP
@Dream-Big-PSP	\$DreamBigPSP



A big THANK YOU to Terra Therapies for supporting Dream Big in hosting a raffle!



Dream Big would like to thank Dr. and Mrs. Alex Guevara, Jr. at Rockwood Medical Clinic for being a matching donor of \$1000 for North Texas Giving Day!

Newsletter Highlights

NORTH TX GIVING DAY

DREAM BIG SPOTLIGHT: BACK TO SCHOOL

MARK YOUR CALENDARS: DREAM BIG EVENTS THIS MONTH

ANYTHING IS PAWSIBLE

Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



STIGMA ESTIGMA

By: Carolina Morales, LPC

With North Texas Giving Day coming up, Dream Big wants to remind you why we work so hard to collect funds and serve our community. We are passionate about mental health, and one of the main reasons for creating this nonprofit is to reduce the stigma behind mental health. Do we really understand what that means and how that continues to affect our communities? Mental health stigma refers to the disapproval of seeking help or shaming those who struggle with mental health problems.



Stigma can be seen in the following ways:

- Lack of resources – making it difficult for some populations to get access to these services
- Lack of funds to provide resources
- Jobs not prioritizing mental health – not providing/allowing the time for their employees to work on their mental health stressors, making it challenging to take a day off
- Indirect messages that cause shame or bring disapproval “just get over it,” “you have everything you need, how can you be depressed?”
- Lack of education on mental health

These are just a few examples; however, ask yourselves: “What is stopping me from working on my mental health?” We must reflect on our answers and become aware of stigmatized statements or mentalities. Although there has been a productive and positive movement towards changing our mentality about mental health, there is still much work to be done! We encourage you to participate in this year’s North TX Giving Day and help Dream Big reach its mission. In addition, we hope to inspire you to come along this journey and find your passion!

STIGMA ESTIGMA

By: Carolina Morales, LPC

Se acerca North Texas Giving Day y Dream Big quiere recordarles por qué trabajamos tan duro para recaudar fondos y servir a nuestra comunidad. Nos apasiona la salud mental y una de las principales razones para crear esta organización sin fines de lucro es para reducir el estigma detrás de la salud mental. ¿Realmente entendemos lo que eso significa y cómo sigue afectando a nuestras comunidades? El estigma de la salud mental se refiere a la desaprobación de buscar ayuda o avergonzarse a quienes luchan con problemas de salud mental.



El estigma se puede ver de las siguientes maneras:

- Falta de recursos – lo que dificulta que algunas poblaciones tengan acceso a estos servicios
- Falta de fondos para proporcionar recursos
- Trabajos que no dan prioridad a la salud mental – no proporcionan/permiten tiempo para que sus empleados trabajen en sus factores estresantes de salud mental, lo que dificulta tomarse un día libre
- Mensajes indirectos que causan vergüenza o desaprobación “solo supéralo”, “tienes todo lo que necesitas, ¿cómo puedes estar deprimido?”
- Falta de educación en salud mental

Estos son solo algunos ejemplos, sin embargo, pregúntense: “¿Qué me impide trabajar en mi salud mental?” Es importante que reflexionemos sobre nuestra respuesta y tomemos conciencia de pensamientos o mentalidades estigmatizadas. Aunque ha habido un movimiento productivo y positivo para cambiar nuestra mentalidad sobre la salud mental, ¡todavía queda mucho trabajo por hacer! Los animamos a participar en el North Texas Giving Day este año y ayudar a Dream Big a alcanzar su misión. Además, ¡esperamos inspirarlos a comenzar este proceso y encontrar su propia pasión!

The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.
Title originated from Melissa Reeves Austin-Weeks.



Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

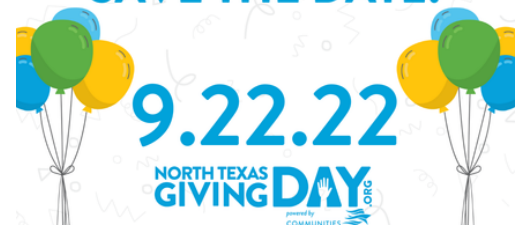


A healthy Autumn means a positive for mental health.

SUPPORT DREAM BIG



SAVE THE DATE!



Click on image to go to Dream Big PSP donation page.

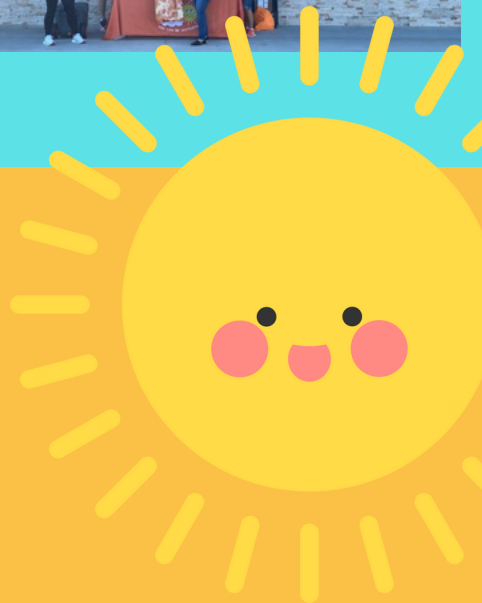


Thank you to everyone that participated in our ACE hardware Benbrook event! Dream Big was able to fundraise \$728!



DREAM BIG SPOTLIGHT: BACK TO SCHOOL!

Dream Big is wishing you all a safe, fun and successful school year! A HUGE THANK YOU to everyone that donated school supplies and uniforms to help our Dream Big families this year! Victoria Jara, Maribel Reta, Maricela Tobias Munoz, James Gonzales, Sandro Garcia, Tory Woods, Prudence Zavala and Nadia Arriaga! Your contributions are greatly appreciated!

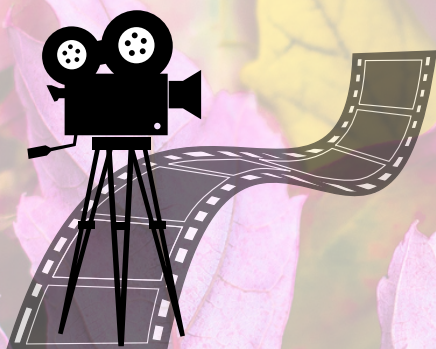


THANK YOU!

SEPTEMBER



Upcoming Events



OCTOBER 21, 2022

JOIN DREAM BIG ON THIS DAY AS WE HOST A MOVIE FUNDRAISER! WE WILL HAVE TAMALES, PAN DULCE, AND HOT CHOCOLATE WHILE WE ENJOY A FAMILY MOVIE (\$15/PERSON)

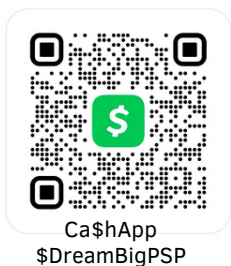
LOCATION: 2831 ELLIS AVENUE
FORT WORTH, TX 76106



SEPTEMBER 22, 2022

STAY TUNED ON SOCIAL MEDIA!
DREAM BIG WILL BE SHARING
MORE INFORMATION ON EVENTS
LEADING UP TO
NORTH TEXAS GIVING DAY

TRANSFORM A LIFE WITH YOUR CONTRIBUTION





Anything is Pawsible

BY ANGEL THE DOG

Angel says:

"A high paw to you for being awesome!"

"¡Una pata alta para ti por ser asombroso!"



A stress-reducing moment for self-love, growth, & rewiring the brain.
Enjoy!

Mindful Journaling

Q. Create a happy list. Write out a list of activities or places that lift your mood.

P. Crea una lista feliz. Escriba una lista de actividades o lugares que mejoren su estado de ánimo.

Hand-drawn journaling template with a light blue background and white horizontal lines for writing.

Diario consciente

Un momento para reducir del estrés para el amor propio, el crecimiento y la reconfiguración del cerebro. ¡Disfruta!

The Dreamer's Journal

Editors & Content Designers



CAROLINA MORALES



MONICA AURORA

DREAM BIG-PSP
COUNSELING
PO Box 4772

Fort Worth, TX 76164
817-626-6401

www.dreambig.com



Helping People Along Their Healing Journey

Published September 3, 2022