



NewLife-Second Chance Outreach, Inc.

**EQUIP. EMPOWER. RESTORE.**

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Re: Winter Closure for Wellness (11/22/21-1/4/22)

Because we a 100% volunteer ran organization and because winter is upon us, we will be closed from November 22, 2021-January 4, 2022 to allow our volunteers to take a much needed wellness break, to de-stress, recover from burnout, spend time to grieve, focus on our families and to re-energize for 2022.

Winter can be a hard time for many, including those who have lost loved ones recently and this may be their first holiday without them or because winter can be a contributor of [Seasonal Affective Disorder \(SAD\)](#), a "recurring major depression with a seasonal pattern" triggered by the short days and long nights of winter and affects 10% of the population, mostly women.

With that being said, we WILL NOT be available by phone, email or social media messaging during this time nor will we be sending out resources during this time. We have scheduled events to post onto our [Facebook](#) and [Instagram](#) pages so feel free to like and follow us there to stay updated until we return.

If you need assistance with rent, utilities or other basic needs, call 211 or visit their [website](#). If you are seeking employment, please join and engage in Facebook jobs groups by typing "jobs in \_\_\_\_". Remember, **employers check Facebook pages** too so if you are serious about looking for a job, make sure that BEFORE you comment on a job post or in box an employer about a position they posted that your cover photo is appropriate, that your public posts are made private and if not, make sure the public posts are appropriate. We are firm believers that **"YOU ARE WHAT YOU POST"** and **"Not everything needs to be posted or shared on Facebook"**.

Until then, as you enjoy your families this holiday season, pray for those who are incarcerated and away from their families, pray for the families of the incarcerated and those who have lost loved ones due to police violence, prison violence, Covid and natural causes, take time for yourself, enjoy your families (or those who love you) and stay safe!

*Happy Holidays,*

NewLife-Second Chance Outreach, Inc. [Board of Directors](#)

