

The LP Report 2020

A Nonprofit Grief, Loss, and Trauma Counseling Center

"Once people begin to see the similarities between themselves and others, instead of focusing on differences, they come to recognize that equality is essentially a matter of human rights and human dignity."

– Congressman John Lewis, 5/10/2012

UPDATE ON CURRENT STATUS:

Since mid-March Lee's Place has been adapting as needed to the ongoing pandemic and how to provide the best care we can in the midst of an ever changing environment. We've gone from all video therapy sessions to now offering every type of therapy needed: video, phone, as well as in person. For the latter, therapists meet you in the parking lot, give you a good squirt of hand sanitizer after you put your mask on, then we escort you into the building and into the therapy room. No pit stops along the way. We escort clients back out of the building as soon as the session is over. Then we sanitize the whole room before we start over again. We are minimizing contact and exposure as much as possible and offering telemedicine to anyone who feels more comfortable with that. We are all healthy as are all clients to date and hope all of you are as well. We are here to serve the community as we have been for 20 years. Stay well out there!



Lee's 
Place

Enjoy the pictures...a trip down memory lane



Pandemic Perservance

by Karen Lockard

We are all having up and down days, now more than ever. The pandemic, stay at home orders, school closings, school openings, job losses or job changes, missed celebrations, missed opportunities to honor and grieve together, racial inequality and injustice, protests and outcries for change – the last five months have been life altering. So many questions to consider, adjustments to make – sometimes on a daily basis, as well as continuing to work, parent, participate in school, care for senior family members, and more.

We are feeling weary, cranky, out of sorts, worried. We may be overwhelmed at living our same lives but with more challenges. It is understandable and even predictable to have a myriad of emotions. Conversely, being less hurried or frazzled if you work from home could be a relief for some. Staying home can mean more time to do whatever was on the “If only I had more time” list.

In managing these strange times, maintaining connections to people and interests is essential to feeling a sense of balance and normalcy. Old fashioned telephone calls – with face time – create a more authentic connection than text or social media following. This is particularly true for teens and young adults because social media is a one dimensional platform.

Consider limiting “news and information” to once a day. Staying informed is possible without the deluge of the traumatic events each hour. Or choose to take a deep dive into learning something you have read or been concerned about in order to go beyond headlines and really become informed.

Take pleasure in what you can right now; a good meal, a fun catch up with old friends, a pretty sunset, seeing the comet, and just simply knowing who in your sphere is safe right now in this unpredictable world.

Lastly, get outside and breathe! Even in the heat, it has great value for overall wellbeing. Sitting on a porch, lying in a hammock, walking, swimming, biking, washing the car, mowing the grass, - any of these activities for even a short time can be beneficial in shaking off the lethargy or emotional fatigue of our current lives. No one knows when this pandemic will end but it will end eventually. Some days will be better or easier than others. This is truly a time where you are not alone in the strangeness and unpredictability of life.





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Kristin Whitaker (Board Chair), Brenda Rabalais (President),
Harriet Williams, Donovan Brown,

Standing L-R

Lucy Westfall, Carin Butler (Secretary), Mack Rush (deceased),
Jody Elliott, Jeanne Kimball, Danielle Kosberg (Treasurer)

Lee's Place Mission Statement:

To provide quality therapy to adults, children, and families, regardless of their financial circumstances, who are coping with loss, trauma, and life changing experiences, while offering specialized training and education to the community.



Lee's Place

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www.facebook.com/LeesPlaceTallahassee

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AUG 2020

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Jubilee 2020

Mark your calendars for Friday October 30. We are having a fun virtual event. Stay tuned to our Facebook page (<https://www.facebook.com/LeesPlaceTallahassee/>) for updates.

Buy tickets for opportunities to win a 1 week stay in a beautiful house in North Carolina! Plus more!

COMING SOON -

Tickets, links and details will be on our webpage <http://leesplace.org/events/>