

JANUARY

WESLEY  
BEHAVIORAL

2025



# Wesley Behavioral Health Services LLC

WELCOME TO OUR

## Monthly Newsletter

✦  
Entering 2025



### Welcome 2025: Embrace New Beginnings with Wesley Behavioral

✦ Entering the New Year ✦

Kick off 2025 with a focus on growth and well-being! This year, we're here to help you embrace fresh starts and celebrate progress. Let's journey together into a year of self-care and positive change.

QUOTE OF THE MONTH:  
"THE MAGIC IN NEW BEGINNINGS IS  
TRULY THE MOST POWERFUL OF THEM  
ALL." – JOSIYAH MARTIN

↓ In this newsletter you will find:  
Fun Topics, Updates, and Important Information! Keep Reading!

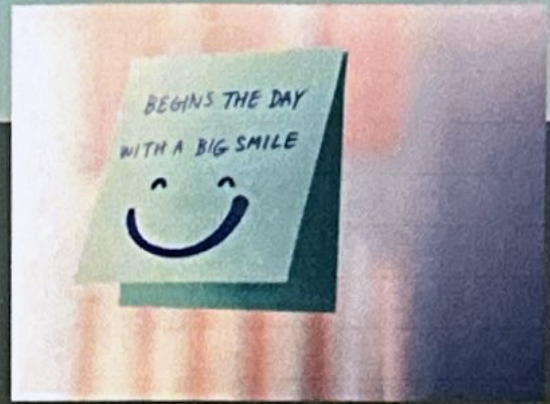




## Mental Health Practices and Resolutions

☀️ START THE NEW YEAR WITH HEALTHY MENTAL HEALTH PRACTICES ☀️

- Set Realistic Goals: Break big dreams into manageable steps. 🎯
- Practice Mindfulness: Take time to reset and breathe.
- Stay Active: Move in ways that bring you joy. 🏃
- Limit Screen Time: Refresh with a daily digital break.
- Seek Support: Reaching out shows strength. ❤️



## Why Resolutions Matter

Resolutions are a great way to reflect, build habits, and grow! Here are ideas to inspire you:

- Digital Declutter: Organize and refresh your digital space. 🗑️
- Micro Goals: Celebrate small daily wins.
- Joyful Movement: Exercise in fun, uplifting ways.
- Gratitude Practice: Start your day with three things you're grateful for. 📖

INTERESTING ARTICLE ON NEW YEAR'S RESOLUTIONS [HERE](#)

## Honoring Martin Luther King Jr. Day

On January 20, 2025, we celebrate Martin Luther King Jr. Day, reflecting on his legacy of justice, equality, and love. His call for peace and unity continues to inspire us to serve our communities and create positive change.







## Anniversary, Services, and Contact Info!

HAPPY 2ND ANNIVERSARY TO WESLEY BEHAVIORAL!

January 13th marks two years of compassionate care. Thank you for being part of our journey!

### ◆ Our Services ◆

Peer Support: Connect and share wisdom. 🙋

Outpatient Therapy: Tailored therapy options. 🧑

Medication Management: Customized treatment plans. 🧠

Individual Support Services: Build life skills. ❤️

SAIOP/SACOT Programs: Structured recovery support. 🏠

Community Support: Thrive where you are! 🌍



### Looking Ahead

LET'S MAKE 2025 A YEAR OF RESILIENCE AND JOY. WE'RE HERE TO SUPPORT YOU EVERY STEP OF THE WAY!

Warm wishes and high fives,  
The Wesley Behavioral Team 🌟❤️





CONTACT US

## CONTACT US

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CONNECT WITH US ON SOCIAL MEDIA:

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INSTAGRAM: WESLEY\_BEHAVIORAL\_HEALTH

WARM WISHES AND HIGH FIVES!

Thank you for reading!

