

THE HEALTHY PATRIOT

GWA Counseling Newsletter



Thank you to all our GWA families for a wonderful year!

We hope you have a fun and relaxing summer!

Congratulations to our raffle winners who attended our last Parent Night of the year in March!

-Kara Gulbranson, Mary Hull, and Nancy Swan-

A BIG THANK YOU to our sponsors and GWA's PTO for their generous donations!

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VALUE OF THE MONTH

Creativity

This month's focus is **Creativity**. One way to think about **Creativity** is "using your imagination to create something new or solve a problem."

Click on this [link](#) for some fun ways to review the value of **Creativity** at home.

“

What keeps things fascinating is the constant creativity of the soul.

-Deepak Chopra

SUMMER CAMPS IN THE COMMUNITY

- [Washington City Community Center summer programs](#)
- [St. George City summer programs](#)
- [Utah Tech University summer camps](#)
- [USU Extension Washington County summer camps](#)
- [Hurricane City Community Center summer programs](#)



FOOD RESOURCES OVER THE SUMMER

- [Food bank](#)
- [Summer lunch at the park - locations and times](#)
- [Santa Clara Resource Center - BREATHE](#)

COUNSELING RESOURCES OVER THE SUMMER

- [Southwest Behavioral - Medicaid only](#)
- [List of local counselors](#)
- [Psychology Today website](#)
- [SafeUT app or website](#)
- 988 - Suicide Prevention Hotline



LEADER IN ME - APRIL/MAY 2023

Leadership Happens Here!

Habit of the Month:

**Find your voice and inspire
others to find theirs.**

"No matter how long we've walked life's pathway to mediocrity, we can always choose to switch paths. Always. It's never too late. We can find our voice."

Table Topics for April/May:

Find Your Voice

- 1. Where do you find inspiration?***
- 2. How are you pursuing your dreams right now?***