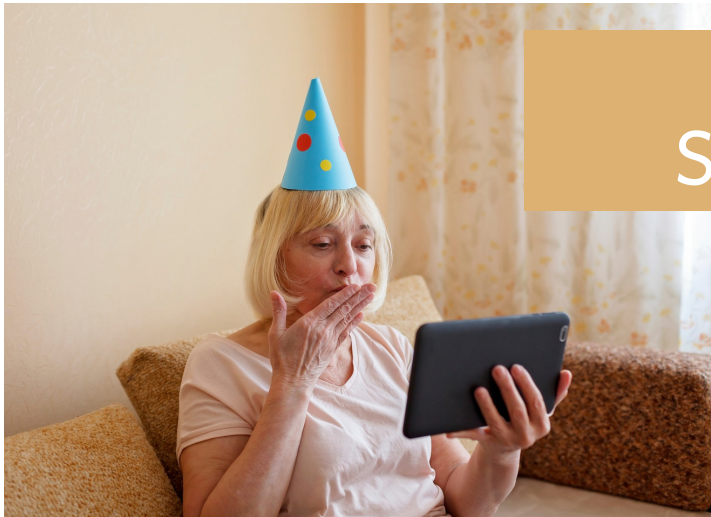


NOTES FOR YOUR BEST LIFE

A Newsletter from Best Life Mental Health Services, LLC - Iss. 01



2020 HOLIDAY SURVIVAL GUIDE

At this time of year we are all trying to navigate family expectations, event invitations, and safety. I think it is helpful to think about this as a consent conversation . . . [read more](#)

BUDGET FRIENDLY OPTION

At Best Life, we know how important it is to make therapy accessible to everyone. We're firm believers that everyone can benefit from therapy— whether short term or long term.

Unfortunately, those who are socioeconomically disadvantaged . . . [read more](#)



PANDEMIC GRIEF SUPPORT GROUP

If you have experienced loss of opportunity, a loved one, a job, and/or expectations due to the pandemic and are grieving, we are inviting you to our free Pandemic Grief Support Group . . . [read more](#)

