

New Day Training Center is a local nonprofit bringing positive change to Yuba-Sutter families. New Day is proactively addressing Yuba-Sutter's shortage of mental health services by providing therapy to underserved community members and by training like-minded new therapists to do the same. As the vast majority of New Day's clients are low-income and as insurance does not reimburse the full spectrum of counseling services, New Day is seeking grants to be able to offer robust mental health services to disadvantaged community members.

Thanks to 2024 CSBG funding from Sutter County Community Action Agency and Yuba County Community Services Commission, New Day is now able to offer a variety of therapy groups to low-income Yuba-Sutter residents. These groups are tailored to the needs of different demographics, including couples, parents, families and survivors of sexual trauma. This funding allows New Day to provide compassionate counseling to community members who would not otherwise be able to afford it. The therapy will help address past traumas as well as teach skills to overcome everyday challenges.

New Day recently completed its first CSBG-funded parenting group. Participants met for 10 weeks to learn new skills to become more effective and patient parents. Everyone who completed the program gave outstanding positive feedback, citing new skills they have begun applying to their parenting that are already yielding encouraging results. Participants credited the therapy with helping them become better parents, but also better people in other areas of their lives. One mother described the experience as "life changing." Her daughter confirmed this positive transformation by spontaneously sharing how she'd noticed her mother acting kindlier, communicating more effectively, and spending more time with her. The conclusion of the therapy group was bittersweet, as all participant wished to continue and hope to participate in future counseling opportunities at New Day.

Contact New Day at (530) 434-6318 or help@newday.family to learn about upcoming therapy opportunities.

