

## NEW YEAR'S RESOLUTIONS How to keep at your Goals

2021 is a new opportunity for keeping up with what's good for you and thinking about new possibilities. While it can be exciting to think about new years' resolutions, following through with them is always difficult.

The SMART method is a simple way to keep at your goals. When choosing a goal for the new year, follow this method for picking a goal that sets you up for success!

- **Specific** - Be more specific in your goal setting [not simply, 'I want to be more organized.']
- **Measurable** - What tasks are you going to measure to help complete your goal?
- **Achievable** - Make sure it's actually possible to meet your goal.
- **Relevant** - Pick something that you're really motivated to change.
- **Time-bound** - Set a timeframe for your goals.

### SOCIAL UPDATE

In-person socials are indefinitely postponed at this time. We are continuing to follow official health guidelines regarding events and group gatherings. We want you to stay safe!



## Our 2020 Fundraisers Were a Success!

Though we could not hold in-person fundraisers in 2020 due to the ongoing pandemic, we have been fortunate enough to participate in several virtual fundraisers, including CompeerCorps Warrior and Lebanon Gives!

We are humbled to announce that we have raised over \$2,500 from both of these events. During this particularly difficult and extraordinary time, we are so grateful for the support from our Compeer friends that allow us to continue our important work here in Lebanon County. Thank you for all that you do!

## Friendaversaries

### January

Joel B. and Ryan A.	1/7	1 Year
DJ B. and Jeff B.	1/14	2 Years
Barbara F. and Ann M.	1/18	3 Years
Judith C. and Robin Z.	1/22	2 Years
Lois M. and Lorraine F.	1/26	9 Years

### February

Michael I. and Cory E.	2/17	1 Year
Jeff R. and David J.	2/27	2 Years

### March

Cathy F. and Ann M.	3/1	4 Years
Brian P. and Jeff W.	3/10	5 Years
Rosamarie R. and Ann M.	3/13	1 Year
Georgette B. and Pat M.	3/26	3 Years

★ Congratulations! ★



### SAFE SPACE GROUP CHAT

During this time we have made an effort to continue our programs virtually, and we have had great success in moving our support group program to Zoom!

In keeping with that spirit, we are pleased to announce that we are beginning a monthly Zoom support group space for our Youth Mentoring program, aka the Safe Space Group Chat. This program, once again led by support group facilitator Laura Musselman, will allow our youth mentoring clients & mentors to meet safely and discuss day-to-day struggles and issues affecting them. We hope that this effort will prove to be a positive step forward for our youth mentoring program!

HAPPY BIRTHDAY

### January

Kenneth H.	1/6
Cindy L.	1/6
Mini N.	1/9
Edward M.	1/13
Priscilla W.	1/14
David S.	1/22
Carol D.	1/25
Marilyn V.	1/25
Bonnie W.	1/26

### February

Christina R.	2/2
Brian P.	2/7
Eric G.	2/7
Crystal G.	2/8
Ann Y.	2/19
Bruce H.	2/21
Michael F.	2/23

### March

Angela M.	3/1
Steven C.	3/3
George M.	3/7
Robin Z.	3/8
Melissa G.	3/9
John N.	3/11
Marti B.	3/13
Kathleen N.	3/13
Ann B.	3/21
Kristene C.	3/21
Ricky D.	3/28

Have a good year!



### ZOOM MENTAL HEALTH SUPPORT GROUP

JANUARY 26 6 PM  
FEBRUARY 9 6 PM  
FEBRUARY 23 6 PM  
MARCH 9 6 PM  
MARCH 23 6 PM

MODERATED BY SUPPORT GROUP FACILITATOR LAURA

FOR ZOOM LINKS, VISIT  
COMPEER-LEBANON.ORG/SUPPORT-SERVICES

FREE TO ATTEND  
ALL ARE WELCOME  
FOR AGES 18 & OVER