



Holiday Greetings from the team at Upper Island Counselling

We have almost made it to the end of a challenging, and certainly memorable year. As individuals, families, and workplaces this year has pushed us to places we never would have guessed or anticipated. We've felt this push on our energy, our mental health, our relationships, our finances, our kids, and our jobs.

It truly has not been the same for everyone. The common metaphor that we are all in the same storm, but in very different boats is fitting. Smooth sailing for some, nearly drowning for others, and everything in between. These vast differences in situations and circumstance has evoked so much kindness, compassion, and empathy for others, and united us in all the ways that we could find common ground and shared experience. As communities, we've dug deep to find our grit, our determination, and our steadfast human resilience. These, in combination with kindness and compassion, created a powerful ability to persevere and, most of all, be okay.

When our counsellors reflect on what they've seen most in our hundreds of clients over the last year, these themes resound; challenge, push, strain and struggle met with perseverance, resilience, kindness and compassion. All in an effort to be okay, and carry on. We want you to know that we feel honored and privileged to work alongside you in this effort toward wellness. More than that, we feel amazed at times by your resilience and resourcefulness to be well, when perhaps your boat is leaking more than most. The window we are given into your world and your way through it, is a gift that we treasure. So, thank you again for continuing to choose us and trust us to support you in your journey.

We know this holiday season brings some unusual losses and disappointments. Which, by this point in the year, we are growing accustomed to. We hope that in your mind and in your heart, you meet the season with the same kindness, compassion, perseverance and resilience that you've shown all year.

A long time ago Dr. Seuss taught us that *maybe Christmas, perhaps, doesn't come from a store. Maybe Christmas, perhaps, means a little bit more.* And while he didn't teach us what to do when we can't all join hands and sing (like the Who's do in Whoville), given our resilience and resourcefulness, we will turn toward calmness and creativity to find new ways to celebrate. And through this we will be okay.

To a warm and cozy Christmas and a healthier 2021 here, across the country, and the globe.

Sincerely,

Kelsi Baine and the team.