

TRANSITIONS



A newsletter brought to you by Transition House

CHANGING LIVES BY CREATING PATHWAYS FOR MENTAL WELLNESS.

DECEMBER 2023

Top stories in this newsletter

TRANSITION HOUSE IMPACT



Making an Impact



Holiday Fun



June Bug Jam 2024



TLP Graduates

Making an Impact



People of TH were recently invited to share their thoughts on how Transition House has helped them. Here's a few quotes:

"Transition House has helped me and others with our individualized treatment plans. Transition House makes all the difference in my life and countless others. Transition House is important because of all the help that they give throughout our community." C

"Transition House gives time to rehabilitate. A place to refresh/rest. It helps with meeting goals including short term goals. TH helps with families of residents to know a plan of welfare and safety." L

"Transition House makes a difference in my life by allowing me to rediscover myself and my self worth. TH gives me the opportunity to find what makes me happy and realign my values and core beliefs as well as my goals based on that." N

For more, go to <https://www.thouse.org/impact>

Holiday Fun



The Holiday Season can be difficult for many. The People of Transition House work with the Staff to create a new sense of joy and play associated with the Holidays. From Halloween through the New Year, Staff works hard to expand activities and provide extra support to help each person have as joyful a Holiday Season as possible. To create joy and laughter around this time is not always easy, but thanks to everyone working together, it happens at TH.

Special Thanks to our Board of Directors for hosting the Annual Holiday Party/Open House at TH on December 21, 2023.

June Bug Jam 2024



JB'24 is set for June 1, 2024 at The Well in Norman, OK. Special Thanks to Dr. Kelley Lobb for the gift of the JB'23 original song - ***"Your Story"*** that premiered at JB'23. This song provided the inspiration for JB'24.

JB'24 t-shirts are now available at the Transition House office. If you're interested in a t-shirt, contact Bonnie at bperutz@thouse.org. For more on June Bug Jam, go to www.thouse.org/june-bug-jam.

TLP Graduates



Completing TH's Transitional Living Program is no easy task. Each person's individualized Recovery Plan defines what completion will look like for them. Since July 2023, 6 people completed their requirements for the program and transitioned to community living. Each journey is unique. We are proud of each person for their hard work and commitment to changing their life. Their process isn't about perfection, but progress. From small to big steps, each advancement is celebrated.

Transition House
transitionhouse@thouse.org
700 Asp, Ste. 2, Norman, OK 73069
(405) 360-7926



Thank You to all who support the life saving work and People of Transition House.
If you'd like to become a Transition House supporter, go to <https://www.thouse.org/support-th>

www.thouse.org