



MENDING FENCES
DEDICATED TO IMPROVING LIVES

THE MONTHLY MENDER

Monthly Newsletter | Issue 1: January 2025

Happy New Year

As we welcome a brand-new year, we're excited for all the opportunities ahead. Let's continue to grow, achieve, and celebrate together as a team.

Here's to a successful and fulfilling year for all of us!

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Welcome to the New Year!!

I hope this message finds you content and well. I intend to keep this message optimistic and uplifting, as we can all use positive inspiration and cheer as we usher in the New Year. My heart recognizes and empathizes with those experiencing hardships and mixed emotions already in 2025. Somewhere in the whirlwind of mixed emotions, many of us are experiencing gratitude for 2024 and an eagerness for a fresh start in the year ahead.

With the current employment challenges, I am grateful for your continued support and interest in working with our organization. In celebrating our 18th anniversary this coming year, we will continue to provide top-notch, high-level, and uniquely tailored services for our students and families. On a corporate level, 2024 was nothing short of another busy year! As usual, your dedication and drive were profound; you have worked hard to deliver appropriate services to our students, which I say, Thank You! I believe it is essential to remain humble in this success and contribute to our profession and community sustainably – truly helping others and making a difference is what we stand for, “Being a Change Agent”! I hope you had time to relax and reflect on your positive accomplishments from last year. I encourage you to step out of the norm and try something new in 2025.

As you plan for 2025, I hope you will commit to investing in your growth and health. If we all share a mutual goal of fostering self-improvement and a safe workplace, our team will be stronger and more productive as a collective community.

Remember to: “Manage your Happiness, Pursuit your Happiness, and Contribute to your Happiness.”

In Leadership,

Marian Parker Branch



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Training Tips



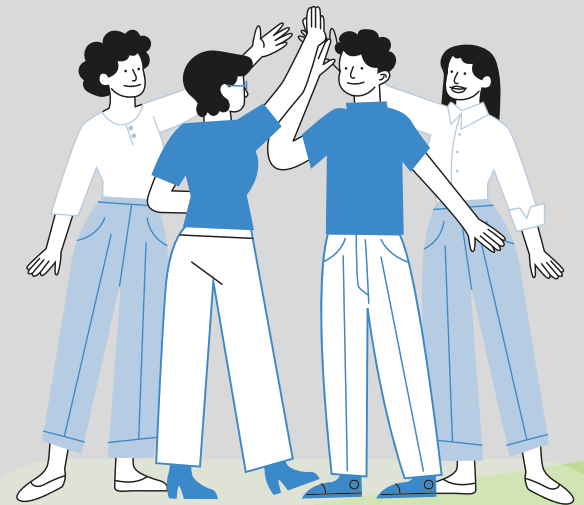
Did you take the time to RESET?

After extended breaks, your client can sometimes reset back to exhibiting past bad habits and/or behaviors. If so, don't take it personally nor see it as your hard work was done in vain. Take the time just to RESET. Take your clients back to the beginning and bring them back through the same developmental process you took them through to get them to the point you had them before the break. It's not a setback but proves that your system/approach/methodology/behavioral modification program works!

SO RESET AND REWORK IT!

It's Resolution Season: *Success Tips*

1. Set specific, realistic and achievable goals.
2. Create a clear plan or road map to your goals.
3. Manage your expectations and time. Take incremental steps and gradually build on your progress.
4. Track your milestones and progress often.
5. Stay disciplined and consistent.
6. Be patient and adaptable.



Motivation For The Year Ahead

As we approach this new year, be reminded that you all hold a safe space for students in their times of need. You also provide guidance, support and hope as they navigate the complexities of life. Do not underestimate the value you provide and the impact you have on students and families. You are fostering the growth and confidence of our youth; you are important, powerful and transformative!

Message from our Client Relations Coordinator



Encouraging Work-Life Balance

To help maintain balance, remember to:

- Take your allotted lunch breaks. By law you are required to take a 30 minute off duty break. Do not push through the day without it. Use that time to decompress, regroup, and finish out the day strong!
- Set boundaries between work and personal time. With the population we serve, work can be intense, so at the end of the day, leave work at school. Dedicate your personal time to resetting and coming back the next day ready to show up as Change Agent you are!

Recognizing Your Efforts

Your hard work and dedication do not go unnoticed. I encourage each of you to reflect on the impact you've made last year and celebrate your achievements, big and small. Let's also take a moment to uplift one another with positive feedback and words of encouragement. Feel free to contact me directly with any professional or personal achievements you've made so that I can congratulate you! The progress you make is so important to your quality of life and here at Mending Fences, we love to continue to encourage our staff!

Offering Support

If you're feeling overwhelmed, don't hesitate to reach out to your supervisor or someone on the leadership team that you trust. Additionally, I encourage you to explore our Mental Health resources:

- Mental Health Resource – Please contact me directly so that we can schedule a meeting to talk about the specific resources you'll need to improve your mental health.

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Health and Wellness Tips

- Drink water; always make water your drink of choice
- Stress less, mediate, engage in daily affirmations
- Sleep enough; don't neglect the value of sleep
- Dress warmly
- Limit time in the cold
- Exercise; movement matters

Recap of 2024 at Mending Fences



In 2024, Mending Fences :

- ✓ Revised its onboarding practices
- ✓ Added Executive Assistant full time
- ✓ Added the Client Relations Coordinator position
- ✓ Established a partnership with the Office of Community Wealth Building and recruited a summer intern
- ✓ Hosted a Behavior Aide Q&A activity
- ✓ Had ongoing monthly awareness convocations
- ✓ Contributed to Chesterfield, Powhatan, VA Beach -CSA
- ✓ Utilized Isolved for Dominion Payroll
- ✓ Streamlined payroll processing system
Added annual data link to the company's website
- ✓ Uploaded Content Calendar and Posting to increase awareness)
- ✓ Contributed to Angel Tree @ Fairfield Elementary



Mending Fences in the Community

Angel Tree Drive at Fairfield Elementary School



We would like to extend our deepest gratitude to each and every one who contributed to the success of last year's project at Angel Tree Drive at Fairfield Elementary School. Thanks to your generosity and dedication, we were able to bring joy and support to 200 children and families in our community during the holiday season. Your kindness and commitment made it possible for us to collect an incredible amount of gifts, ensuring that no child or family was left without the joy of receiving a gift for the season. Your contributions, whether large or small, have truly made a difference in the lives of those in need, and we cannot thank you enough for your support.

Recap of 2024's Christmas Party



A huge thank you once again for making our 2024 Christmas Party such a fantastic success! Your participation and festive spirit helped create a truly unforgettable event. I'm already looking forward to next year's celebration and the joy we'll share together once again!

Here's to another wonderful holiday season, and to many more amazing moments as a team in the future.



Monthly Awareness Corner

January is:

- National Blood Donor Month
- Mental Wellness Month
- Poverty Awareness Month
- National Birth Defects Awareness Month
- National Mentoring Month
- National Donor Month

Monthly Awareness Date

- Martin Luther King Jr. Day - January 20th

January Birthdays

- 01/01 Trameisha Jefferies
- 01/01 Angel L Miles
- 01/04 Ronald Carter
- 01/18 Monique Phillips
- 01/20 Patrice Bennett
- 01/20 Quimeka Denise Massey
- 01/24 Sherita Coleman
- 01/25 Marian Parker Branch
- 01/25 Tyonna Morton
- 01/26 Elle Cosby

Anniversary

- Kenneth Johnson-3 years with the company

Welcome New Team Members

- Ashley Anderson
- Nicolas Brown
- Kathy Coffiel
- Katrina Cover
- Katenia Jenkins
- Olivia Harrison
- Madeline Jones
- Khaldun Oliver
- Brandon Pinchback
- Tameka Roy
- Avisha Terry

Food For Thought

"Never Deny the Power of Choice".

Life may present situations that challenge our sense of safety, support, and security. The liberating truth is that, if you ever find yourself in such a moment, you're only a choice away from altering your course.