

## HERE'S WHAT'S HAPPENING

### Bereavement Support Group Survey



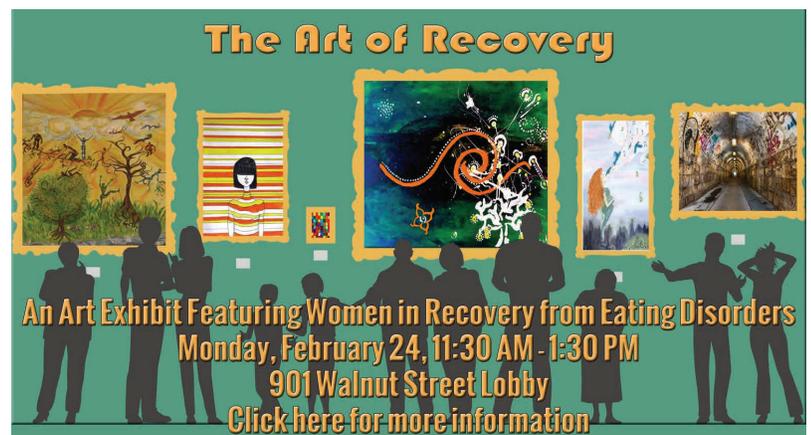
JeffHELP will be offering a bereavement support group for Jefferson employees and students

In order to have this group best serve the Jefferson community, we'd like to ask for your thoughts, opinions and feedback.

Please go to <https://www.surveymonkey.com/s/bereavementsupportgroup> to fill out this 2 minute, confidential and anonymous survey. Any questions regarding this survey or the bereavement support group can be directed to [jeffhelpinfo@jefferson.edu](mailto:jeffhelpinfo@jefferson.edu).

### Eating Disorders Awareness Week

February 23 - March 1



[Click here for more information](#)

## UPCOMING EVENTS

### How to Have A Healthy Relationship: Building on the Basics

Monday, February 10th, 2014

4:30-5:30 PM



Danielle Adinolfi, MFT and Brian Swope, MFT will foster conversation about what a healthy relationship is and how to integrate these concepts into your own life.

Attendees will leave with the knowledge and tools to make changes in their relationships - current and future.

This event is free for TJU Students and TJUH House staff.

Please [click here](#) to register so we have an idea about the number of attendees. Thank you! For more information, contact Dr.

Nobleza at [deanna.nobleza@jefferson.edu](mailto:deanna.nobleza@jefferson.edu) or 5-HELP (option 1-1)

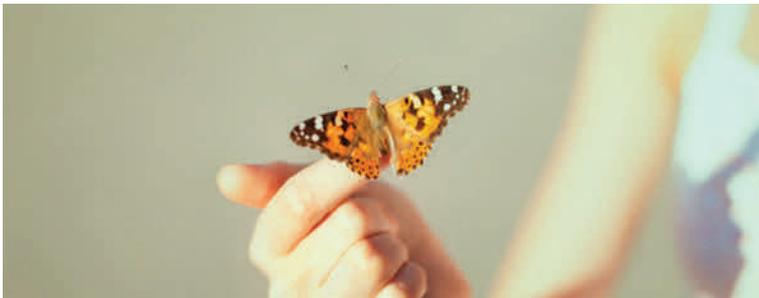
# On-going Mindfulness Meditation Workshops

We're happy to announce that the 4 week Mindfulness Meditation Workshop offered by JeffHELP & the SPCC, in conjunction with Randi Platt, M.Ed. will run for 3 more sessions this Winter/Spring.

The three session dates are as followed, all classes are on Tuesday Nights, 4:30-5:30 PM:

- *February 2014 Session: 2/11, 2/18, 2/25, 3/4 (2 available spaces left!)*
- *March 2014 Session: 3/18, 3/25, 4/1, 4/8 (this session is currently full, but there is room on the wait list)*
- *April 2014 Session: 4/22, 4/29, 5/6, 5/13 (plenty of open spaces)*

Each session is \$20.00 for all four classes, payable at the first class. To register, please go to <http://www.jeffhelp.org/news-events/calendar/>. On the calendar, navigate to the first date of the session you wish to register for, and click on the link to register for that session. More details can be found on the registration pages.



## January Poll Results

**"Which of the mindfulness based strategies on our new webpage are most helpful to you?"**

The majority of those who voted said that the links to free online mindfulness exercises were most helpful.

Check out all of the resources [here](#).

## Monthly Poll Question

What concerns you most about relationships?

[Click here to vote!](#)

# Resource of the Month

## Four Tips for a Healthy Relationship

written by Danielle Adinolfi, MFT and Brian Swope, MFT

Having a successful relationship seems less achievable today than ever before. With a society of 30-second advertisements, rapidly changing technology, and a limit of 140-characters to get your point across, how can anyone expect to have a healthy relationship? Though the task may seem daunting, it is absolutely achievable. Here are four tips for you and your partner to strengthen your relationship over time.

**Listen:** Rather than planning out your next sentence, take the time to really hear what your partner is trying to tell you. Your partner will feel like you are truly listening, and you will be better able to address their concerns.

**Support:** Do not burden your significant other with the responsibility of being your sole source of fulfillment. Maintain friendships outside of the relationship to relieve stress that would otherwise be turned inward.

**Stay Involved:** Though outside resources are imperative, so is remaining close with your partner. Keep them a priority, and spend quality time doing things you both enjoy.

**Be Intimate:** Remember that intimacy, both physical and emotional, is a driving force in a relationship. Do not forget how important touch and openness are to maintaining a lasting bond.

Ultimately, a healthy relationship can look a lot of different ways, and it should. There's not one single look to a healthy relationship, nor one kind. But there are some basics to how a healthy relationship feels, and following these four tips can help you and your partner work towards this goal.

To learn more about how to achieve and maintain a healthy relationship, visit [www.philadelphiamft.com](http://www.philadelphiamft.com), and be sure to attend the authors presentation, "How to have A Healthy Relationship: building on the basics", on February 10th, 2014, 4:30-5:30 PM, 833 Chestnut Street, Suite 210, Room B-01. (See page 1 for more info on the presentation)

For more information @ JeffHELP contact

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