

Bright Horizons

BHcare Spring 2026 Newsletter

“I’m Ready.” A Journey of Healing and Growth

“I first came to BHcare in August of 2020 during a time when I felt overwhelmed by grief, anxiety and a deep sense of disconnection from my family. Everything felt heavy, and I wasn’t sure how to move forward or repair the relationships that meant so much to me.

In January of 2022, I began working more deeply in therapy, and that’s when things really started to shift. It wasn’t easy. There were moments where I had to face difficult emotions and take a hard look at patterns in my life. But over time, I began to understand myself in new ways.

One of the biggest changes for me was learning how to set healthy boundaries with my family. I often felt stuck in cycles that left me feeling hurt or unheard. Through therapy, I found my voice and learned that it’s okay to protect my peace while still caring about the people I love.”

“As I continued to grow, I also noticed a change in how I saw myself. My confidence slowly built, and I started to trust that I could handle life’s challenges. I still experience stress and difficult moments, but they no longer consume me the way they once did. I’ve learned how to pause, process and move forward.

What I’m most proud of is the relationship I’ve rebuilt with my family. It’s not perfect, but it’s real, and it’s stronger than I ever thought it could be.

Recently, I said something I never imagined I’d say: *I think I’m finally ready to graduate therapy*. I can face stressful situations and respond in healthier ways. I may get upset in the moment, but I don’t stay there anymore. I don’t dwell the way I used to.

I’m graduating from therapy soon, and while it’s a big step, it feels like the right one.

I couldn’t have done this without the support I received at BHcare. I’m truly grateful for all the resources and guidance I was given, from resume development and job search assistance to help navigating social services. Every therapist and staff member I encountered showed an exceptional level of care, thoughtfulness and compassion.

This journey has changed me, and for the first time in a long time, I feel ready for what comes next.” ~ Catherine

Building a New Life, One Step at a Time

“When I arrived at The Umbrella Center for Domestic Violence Services (UCDVS) safe house, I was scared and unsure of everything. I was stressed out about what would happen next, how I would care for my children and how we would begin to heal from everything we had been through. The pain and confusion felt overwhelming.



The one thing I knew for certain was my children’s safety and well-being had to come first. That belief kept me going. Step by step, with guidance and care, I began to open up about my experiences and think about what a better future could look like for us.

This journey hasn’t been easy. There were moments of doubt and fear, but I stayed committed. I worked closely with the UCDVS case managers, set goals and took action. They helped me address my mental health, navigate immigration and legal processes, find employment, continue my education and apply for housing. Each step forward, no matter how small, helped me rebuild a sense of stability and hope.

Today, I’m preparing to move into my own apartment with my children, a moment I once couldn’t have imagined. This new home represents more than just a place to live, it’s a fresh start, a safe space and a foundation for the life we are continuing to build together.

I’m proud of how far we’ve come. I did the work to get here, and I’m grateful for the support from all the UCDVS staff that we received along the way. We are moving forward with strength, hope and the belief that a better future is possible.” ~ Natasia

Finding Hope Again

“Looking back, it’s hard to believe how far my son has come.

Louie was just 12 when he was referred to BHcare’s Parent Child Resource Center’s (PCRC) Intensive Outpatient Program. He was struggling with suicidal thoughts and self-harm, arguing often with his dad and neglecting basic daily care like brushing his teeth or washing his hair. He was close to failing 7th grade, and friendships didn’t last because he had such a hard time connecting with others. Our home felt tense and overwhelming.



At first, Louie had a hard time engaging in treatment, even after transitioning to individual therapy at PCRC. There were still setbacks, including moments when he struggled to manage his emotions and engaged in self-harm. It was heartbreaking to watch.

But over time, with consistent support, things began to shift. Louie started learning how to regulate his emotions and began turning to his dad when he was having a hard time. Our home feels calmer and more connected now.

He’s also found his place at school. Joining the football team gave him confidence and a sense of belonging, and he’s built friendships that have lasted. His schoolwork has improved, and he’s starting to think about his future, recently sharing that he may want to become a teacher.

Most importantly, Louie has not engaged in self-harm in over a year and is able to identify reasons for living. As his mother, I am so grateful for how far he’s come and the hope we now have for his future.” ~ Louie’s mom

New Community Partnership: Paul Mitchell School

BHcare’s Alliance for Prevention & Wellness (APW) is proud to partner with the Paul Mitchell School in North Haven to support the mental health and well-being of students in the school’s cosmetology program.

This partnership began when school leadership reached out for support around mental health awareness and substance use education. Serving young adults ages 19 to 30, the program recognizes the unique pressures students face as they balance academics, career goals and personal responsibilities. Supporting emotional wellness and promoting healthy decision-making has become an important focus.



In response, APW’s Ben Eaves and Lorrie McFarland led a series of interactive sessions, engaging approximately 90 students across both day and evening programs. These sessions provided a safe, welcoming space for open conversation, reflection and learning.

Topics included mental wellness, recreational substance use and increasing awareness of available resources. Through group activities and guided discussions, students and staff explored how to recognize signs of mental health challenges and the importance of self-care in managing stress in school and in future careers.

The response from students and staff has been overwhelmingly positive, and we look forward to continuing this partnership with future groups.



Saturday, June 6
10:00 am - 3:00 pm
Quarry Walk, Oxford
PLAY. WALK. SHINE.

Fun for the family, hope for others.



10:00 am: Walk Check-in & Day of Registration



10:30 am - 3:30 pm: Scenic Helicopter Rides



11:00 am: A Walk to Remember

Held in memory of Lori Jackson and all those who have lost their lives to domestic violence, mental illness or substance use.



11:30 am - 3:00 pm: FREE Community Celebration

Inflatables, touch-a-truck, lawn games, raffles, 50/50, online auction and more!
 Live music by Morgan Skelly and the Old Crows



1:00 pm: FREE Kids' Bike Parade



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A Chance to Shine is an annual event to raise funds and awareness for all BHcare programs.

- The Umbrella Center for Domestic Violence Services
- Parent Child Resource Center
- Alliance for Prevention and Wellness
- BHcare's mental health and substance use services
- Hope Family Justice Center

Presenting Sponsor

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