Our Mission is to foster and support an environment of inclusion, respect, fairness, and transparency, where differences are celebrated and all opinions are valued.

Mental wellness is an integral part of our overall health. In the post-pandemic world, attention to mental well-being is more important than ever. Overall wellness includes mental, physical, emotional, social, personal, professional, and medical aspects of your life.

During January, set some time aside to take stock of your mental wellness and make it one of your New Year’s resolutions to build your mental resiliency. Experts offer recommendations to help including practicing mindfulness, staying physically active, managing stress levels, spending quality time with friends and family, eating healthy and nutritious foods, improving sleep habits, and taking time for yourself!

Whether you enjoy a hike in the woods, a quiet night in with a good book, or a trip to the salon, it’s important to schedule time for activities that nourish your mind and soul.

Happy 2023!

January is National Human Trafficking Prevention Month

The month is dedicated to raising awareness about different forms of human trafficking, ways to support trafficking survivors, and educating the community about the issue so people are equipped to notice potential trafficking situations and report them to their local law enforcement (DCYF, 2022).

Human trafficking is a hidden crime involving one or more people exploiting another person for labor, services, or commercial sex. The trafficker uses force or violence, fraud or false promises, or coercion and manipulation to lure victims and exploit them through physical, financial, or psychological means. There is no profile of a trafficked person—trafficking affects people from all economic classes, racial and ethnic identities, gender identities, and sexual orientations. Adults and children can be trafficked. However, human trafficking disproportionately impacts Native American, Black, Indigenous individuals, people of color, and LGBTQIA+ communities (DCYF, 2022).

During National Human Trafficking Prevention Month and throughout the year, we must each recommit to doing our part to prevent human trafficking through education and awareness and protect survivors through safe response (DCYF, 2022).


World Religion Day

In 1950, World Religion Day was established to encourage understanding and peace among all religions. It was initiated by members of the Bahá’í Faith who believe that all religions share common characteristics and should be equally respected. Founded in the 19th century, the Bahá’í Faith teaches the essential worth of all religions and the unity of all people.

The history of the holiday dates back to 1947, when the National Spiritual Assembly of the Bahá’í Faith hosted a talk in Portland, Me. They made the decision to observe an annual event that they called World Peace Through World Religion. By 1949, the event was being held in other areas of the U.S. In 1950, it became known as World Religion Day.

The day is now celebrated worldwide by many faiths. Its purpose is to develop an understanding between different faiths.

Reading COLORS Your World: Book Recommendations

1. The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time, by Dr. Alex Korb
2. Human Trafficking: A Comprehensive Exploration of Modern Day Slavery, by Wendy Stickle
3. The World's Religions, by Huston Smith
4. The Measure of a Man, by Martin Luther King Jr.
5. Why?: Explaining the Holocaust, by Peter Hayes
concentration camps as well as the many lives lost both in the Holocaust, including six million Jews. The Nazis also built concentration camps across the territories they occupied. The purpose of these camps was to kill all 11 million European Jews. At the end of World War II, six million Jewish people had been murdered at the hands of the Nazis. Holocaust Remembrance Day commemorates the thousands of Jewish people who fought against the Nazis and honors the memory of the millions of lives lost during the Holocaust, and those who survived these atrocities. It reminds us of the spirit and fight of the Jewish people.

Holocaust Remembrance Day

Holocaust Remembrance Day takes place each year on or around January 27th. This day marks the anniversary of the liberation of the Auschwitz-Birkenau concentration camp by Soviet troops on January 27, 1945. The day is important as it serves as a reminder of the millions of people who were murdered during the Holocaust, including six million Jews. In Hebrew, the day is called Yom HaShoah.

At the hand of the Nazis, there were many lives lost both in the concentration camps as well as the ghettos Jewish people were forced to live in. Throughout the concentration camps and the ghettos, Jewish people resisted. Perhaps the most well-known rebellion against Nazi persecution, the Warsaw Ghetto Uprising was the longest and had the largest number of participants. According to yadvashem.org, “news of the revolt spread quickly and even reached the free world, and it became a symbol of the battle of the few against the many, and of the freedom and power of the human spirit.”

What was the Holocaust?

For hundreds of years, Jews across Europe have been persecuted for religious and cultural reasons. They were forced to live outside of the general community in separate areas called ghettos, and they were barred from certain professions. After Germany lost World War I in 1918, Right Wing extremists branded the Jews. Starting in 1933, Nazi Germany began making life difficult for German Jews. They banned them from certain jobs and public spaces, and forced them to wear a star indicating that they were Jewish.

In 1935, the Nazi regime passed the Nuremberg Race Laws. As a result, Jews were forbidden to marry non-Jews and their citizenship was revoked. Jewish homes, businesses, and synagogues across Germany were destroyed. Hitler invaded Poland in 1939, placing 1.7 million Polish Jews under Nazi occupation. Thousands of Jewish and non-Jewish people were murdered during this time. Hitler then invaded the Soviet Union in 1941. In that one year, the Nazis murdered nearly 900,000 Jews. The Nazis also built concentration camps across the territories they occupied. The purpose of these camps was to kill all 11 million European Jews. At the end of World War II, six million Jewish people had been murdered at the hands of the Nazis.