



<https://hereshelpinc.com/services/>

Footy's 21<sup>st</sup> Annual Golf Tournament:

Sports:



Cooking as therapy is effective because it encourages creativity. Cooking also makes people feel good about themselves because it's a way for them to nurture others. For most dishes, there is also a sense of immediate gratification. This type of therapy is often partly aimed at teaching healthy cooking and eating skills to people living tough, chaotic lives.



**What's New at Here's Help**

Plumbing School:



After a significant pandemic related delay, our Plumbing School is starting to take shape. Expected completion date October 2021.

Harvest Day:



The horticulture students was installed and edible garden now with fruits and vegetables.

Meet our new north admissions coordinator



Luis Chavarria is our new admissions coordinator for all Residential and north Outpatient admissions. Luis can be contacted at 305-685-8201 Ex 225 Or email Luis at [Ichavarria@hereshelpinc.com](mailto:Ichavarria@hereshelpinc.com)