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New Year Resolution Tips

Why do millions of people resolve to change at the beginning of every year? A series of studies into what researchers have dubbed the "fresh start effect" has looked at how temporal landmarks can motivate aspirational behaviors.

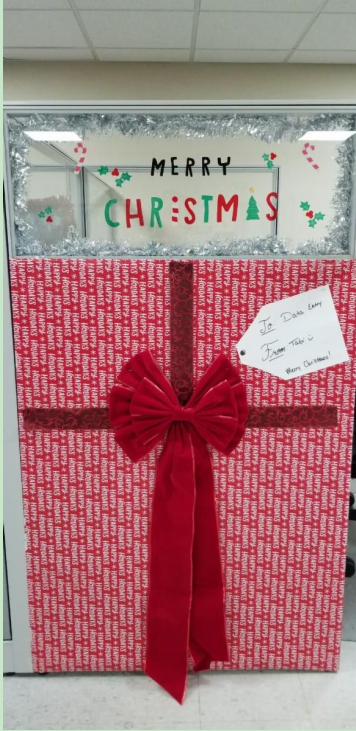
The new year feels like a new beginning, which is why so many people often set lofty resolutions during these times. While this practice can sometimes lead people to bite off more than they can chew, going after resolutions can also present great opportunities to overcome struggles with willpower, determination, and ingenuity. Here are some tips to stick with your resolution:

- Choose a specific goal
- Limit your resolutions
- Put time into planning
- Start with small steps
- Avoid repeating past failures
- Remember that change is a process
- Get support
- Renew your motivation
- Learn and adapt

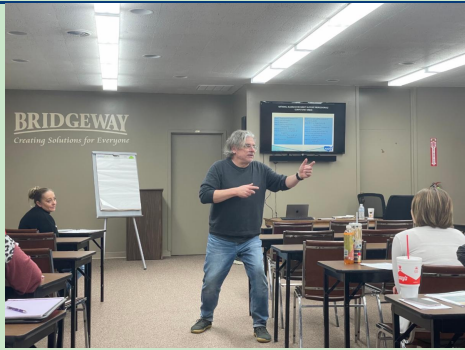
To read more about how to implement these steps, visit: [How to Keep Your New Year's Resolutions: 10 Smart Tips \(verywellmind.com\)](https://www.verywellmind.com/how-to-keep-your-new-year-resolutions-10-smart-tips-verywellmind-com)

Holiday Fun!





News



Galesburg Bridgeway Hosts IARF & National Alliance for Direct Support Professionals - NADSP Front Line Supervisor Training

Bridgeway hosted IARF & National Alliance for Direct Support Professionals - NADSP Front Line Supervisor Training in Galesburg on December 13th!

Seeing so many supervisors come together to share experiences and



Employer Recognition

For over 2 years RBG has been a fierce supporter and advocate for Bridgeway and the individuals we serve. Eva (RBG owner) has hired 6 of our clients and accepted them as family. We are so very thankful for the relationship we have with RBG and always look forward to Eva's phone calls and emails. We recognized RGB with holiday treats for their support! Pictured to the left is Mikayla Kelleher, Andrew Eytalis, Eva from RBG, and Melissa Atherton.

learn together not only of their value, but their crucial role in service is incredibly meaningful! We are thankful our partner agencies allow us to be a part of these wonderful opportunities.

In the Community



Galesburg Holly Days Parade

The Galesburg Holly Days Parade took place on Sunday, November 4th in downtown Galesburg on Main Street. We had amazing representation from West Central Illinois ROSC and Keri Dodson drove the Bridgeway bus decorated in Christmas lights. It was a great turnout with the weather being cooperative and the walking group handed out Bridgeway social media cards, ROSC information cards, and plenty of candy for the kids! Thank you to our staff who participated.



Bridgeway's Crisis Team Visits Lincoln Prairie Behavioral Health Center

Our Crisis team toured Lincoln Prairie Behavioral Health Center in Springfield. Lincoln Prairie is an inpatient hospital that specifically serves adolescents and children. The team was able to tour the unit and learn about the intake process! We send children in crisis to their location, so it is very helpful to know about the process. Thank you Lincoln Prairie and to our dedicated staff who better their community every day.

10 Loves Park Consumer Trainees Receive Service Awards



During the annual Loves Park Holiday Celebration, 10 Loves Park Consumer Trainees received service awards ranging from 5 to 40 years of employment. We are so grateful to our fellow Bridgeway team members for their dedicated years of service!

SAVE THE DATE

**ROSC RECOVERY
COMEDY
NIGHT**

**STARRING:
JEFF
MCFADDEN**

Saturday, February 11th 6pm-9pm
Cedar Creek Hall
571 E. North St. Galesburg, IL 61401

Mature Audience Only

Upcoming Events

February

11

West Central Illinois ROSC- Recovery Comedy Night starring Jeff McFadden

Doors open at 6pm, show starts at 7pm

Free to attend

Cedar Creek Hall (571 E. North Street, Galesburg, IL 61401)

Complementary snacks, non-alcoholic drinks and Smokin Willie's

available for purchase
For more information, contact Leann Courson at leannc@bway.org

Follow us on Social Media



We're Hiring!

Bridgeway Inc | 2323 Windish Dr, Galesburg, IL 61401

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