

Newsletter

MAY 2023



WHAT'S HAPPENING THIS MONTH

- WHAT WE'VE BEEN UP TO
- NOBLE CALENDAR
- ART CORNER
- RESOURCE SPOTLIGHT
- EMPLOYEES OF THE MONTH
- A MESSAGE TO OUR COMMUNITY
- FLYERS



WHAT WE'VE BEEN UP TO

HAPPY MAY! NOBLE INTENT HAS BEEN BUSY WITH WORK AND PLAY THIS PAST MONTH! OUR TEAM WENT TO WINE AND DESIGN TO CREATE PICASSO INSPIRED PORTRAITS OF THEIR COWORKERS. WE CELEBRATED ADMINISTRATIVE PROFESSIONALS APPRECIATION DAY, AND CONGRATULATED OUR EMPLOYEES ON SOME PERSONAL VICTORIES! SHILOH RAY PASSED HIS LICENSING EXAM AND IS NOW A LICENSED PROFESSIONAL COUNSELOR, JAYCEE CANTOR WILL BE SWITCHING HER FOCUS FROM CBRS TO A CLINICAL INTERNSHIP, AND MADDIE ROUSSEAU ACCEPTED A POSITION AS OUR NEW CLINICAL DIRECTOR! WE ALSO WENT LIVE WITH OUR NEW ELECTRONIC MEDICAL RECORDS SYSTEM. HAVE YOU LOGGED INTO YOUR CLIENT PORTAL YET? CALL PAIGH OR KIMBERLY AT THE FRONT DESK FOR HELP ACCESSING YOUR PORTAL IF YOU HAVEN'T ALREADY!



NOBLE CALENDAR

MAY 2023

MENTAL HEALTH AWARENESS

MONTH: SPIRIT WEEK!

We will be raising awareness for mental health this month by celebrating Mental Health Awareness Spirit Week! Join us by participating in the following!

MONDAY, MAY 8TH: MENTAL HEALTH AWARENESS MONDAY

THE GREEN RIBBON IS THE INTERNATIONAL SYMBOL FOR MENTAL HEALTH AWARENESS. WEAR YOUR GREEN TO SHOW YOUR SUPPORT.

TUESDAY, MAY 9TH: TYE-DYE TUESDAY

ALL FEELINGS ARE VALID! WEAR YOUR TIE-DYE OR COLORFUL CLOTHES TO REPRESENT THE NATURAL RANGE OF EMOTIONS HUMANS FEEL!

WEDNESDAY, MAY 10TH: WELLNESS WEDNESDAY

YOUR MIND AND BODY ARE CONNECTED! KEEPING HEALTHY AND STAYING ACTIVE CAN POSITIVELY IMPACT YOUR MENTAL HEALTH. WEAR YOUR ATHLETIC CLOTHES OR YOUR FAVORITE SPORTS TEAM GEAR!

THURSDAY, MAY 11TH: THINKING CAP THURSDAY

ARE YOU LEAVING ROOM FOR YOUR THOUGHTS IN YOUR DAILY LIFE? WEAR YOUR FAVORITE HAT TODAY AS A REMINDER TO TAKE TIME FOR MINDFULNESS.

FRIDAY, MAY 12TH: FUN SOCKS FRIDAY

DR. SEUSS ONCE SAID "THERE'S NO ONE ALIVE THAT'S YOUER THAN YOU." YOU ARE ENOUGH. YOU ARE WORTHY. YOU ARE DOING THE BEST YOU CAN. WEAR YOUR FUN SOCKS TODAY TO EXPRESS YOUR INDIVIDUALITY!

WELLNESS FAIR: MAY 13TH

9AM-1PM, JUMP BOISE

Join us at JUMP Boise on May 13th for a celebration of community wellness in recognition of mental health awareness month! There will be free group exercise classes, vendors with activities for all ages, a sound bath, a raffle, and the slides at JUMP will be open. We hope to see you all there! See full flyer at the end of the newsletter for details. Feel free to reproduce this flyer to share with friends, families, clients, neighbors, and more!

NOBLE INTENT LLC

JOIN US FOR A
FAMILY WELLNESS FAIR

WHEN: 13 MAY 2023
9 am - 1 pm

WHERE: 1000 W Myrtle St.
Boise, ID 83702

COST: This event is **FREE** to attend!

DETAILS: Join Noble Intent for a family friendly wellness fair! Visit our community partners for fun and educational wellness activities while earning stamps on your Wellness Passport. Turn in your completed passport for a chance to win exciting raffle items! Group exercise classes are for ages 13+. Waiver is required and will be available at the event. No sign up is required. Bring a mat or towel if participating in Barre or Yoga! JUMP slides will be OPEN!!!

COMMUNITY PARTNERS:

- University of Idaho, Family and Consumer Sciences
- Center for Change
- Sole Kids
- My Places Community Events
- Intra Life Healing Arts
- Idaho Department of Health and Welfare, Children's Mental Health
- Imagine by NorthPoint
- Horizon Credit Union
- Global Lounge
- Off the Bench
- And MORE!

To learn more, visit:
nobleintentprograms.com/events

HIGH fitness
9am: High Fitness
Paigh Jones

bring a mat
pure barre
10am: Barre
Pure Barre Boise

bring a mat
YOGASIX
11am: Yoga
YogaSix Studio

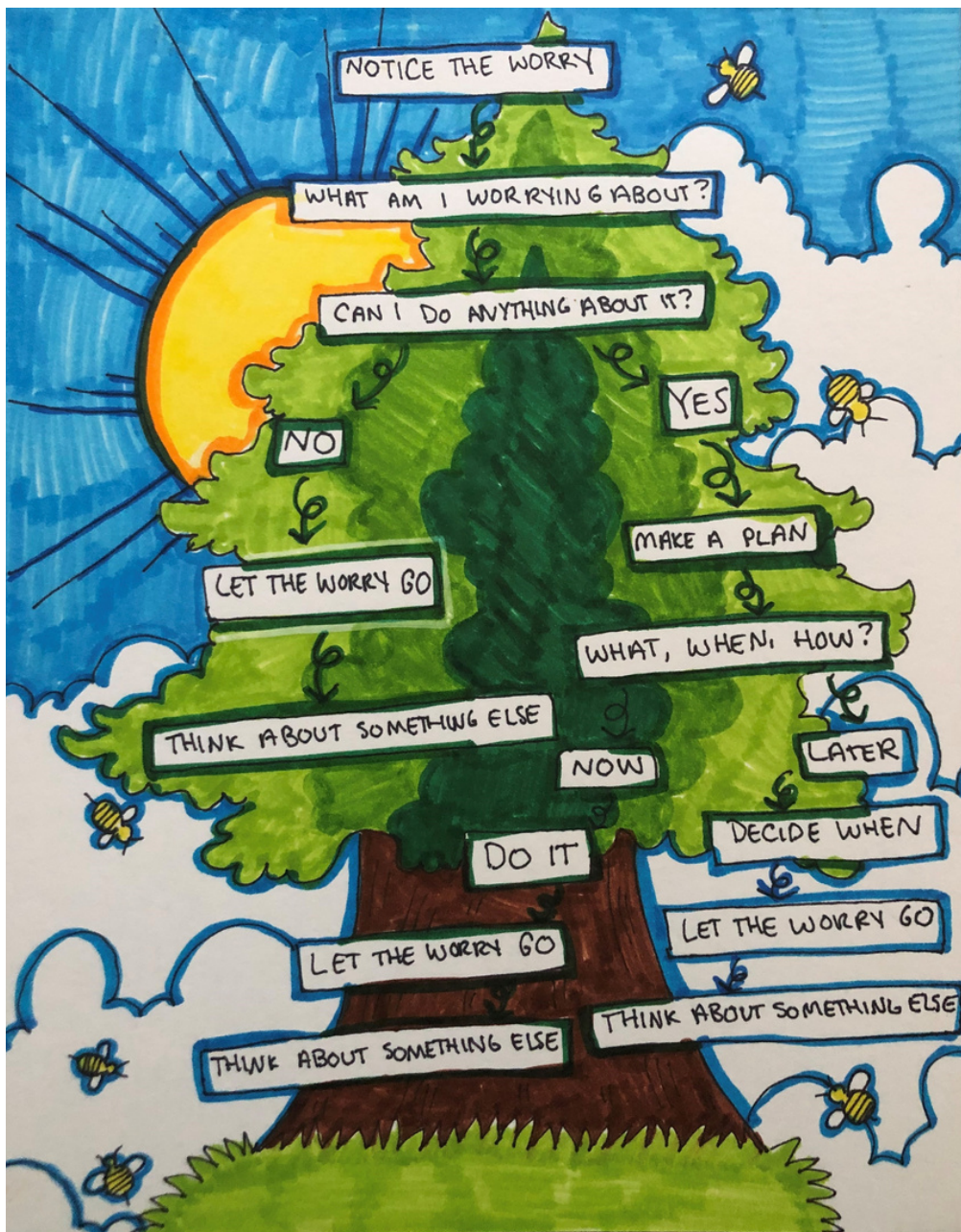
bring a mat
What We're Thinking
12pm: Sound Bath
Intra Life Healing Arts

ART CORNER

MAY 2023

HEALING THROUGH ART

Art has a special place in the field of mental health and wellness. The healing process can be accompanied by art that is therapeutic for its creator. We will now be featuring some of the work created by our Noble community that highlights this mode of wellness in our newsletter each month. Check out this month's art work submitted by a talented Noble Intent client. This client is offering community art classes, see flyer in resources.



This Noble Intent client got creative with their worry tree! Worry Trees are a strategy used to map out action steps to take in the event of "real event worry" and "hypothetical event worry".

If you'd like to submit art for our monthly art feature, please email cora@nobleintentllc.com

RESOURCES

MAY 2023

IDAHO DEPARTMENT OF LABOR: VOCATIONAL SUPPORTS


DID YOU KNOW THE IDAHO DEPARTMENT OF LABOR OFFERS FREE VOCATIONAL SUPPORTS AROUND IDAHO? CHECK OUT THEIR WEBSITE FOR A LIST OF CLASSES AND WORKSHOPS INCLUDING JOB FAIRS, RESUME BUILDING WORKSHOPS, AND MORE.

[HTTPS://WWW.LABOR.IDAHO.GOV/DNN/CALENDAR](https://www.labor.idaho.gov/dnn/calendar)

READY FOR KINDER BY IDAIEYC

IDAHO ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN IS HOSTING READY FOR KINDERGARTEN CLASSES FOR ALL AGES, EVEN BABIES! THE CLASSES ENCOURAGE PARENTS TO TALK, SING, READ, AND PLAY WITH THEIR KIDDOS. THESE WORKSHOPS DEMONSTRATE WAYS TO FOSTER YOUR CHILD'S ESSENTIAL PRE-LITERACY, MATH, AND SOCIAL-EMOTIONAL SKILLS THROUGH SONGS, ACTIVITIES, AND READING. MANY OF THE WORKSHOPS OFFER FREE DINNER, AND CHILDCARE. PARENTS WILL LEAVE THESE WORKSHOPS WITH KNOWLEDGE OF THEIR CHILD'S DEVELOPMENT, A BINDER FULL OF ACTIVITIES AND RESOURCES, AND A HANDFUL OF LEARNING MATERIALS FOR THEIR KIDS.

[HTTPS://READYFORKINDERGARTENIDAHO.ORG/WORKSHOPS](https://readyforkindergartenidaho.org/workshops)




REGISTRATION IS OPEN

INCLUSIVE

ACCESSIBLE

CHECK IT OUT!



JUNE 18TH



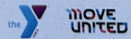
QUINN'S POND | BOISE, ID

Join us for the Treasure Valley Tri, a crit-style triathlon on a closed course along the river in Boise. This community race is a charity event supporting adaptive sports across southern Idaho. New to triathlons? Relays & teams are welcome!

SPLASH & DASH
CHAMPIONS PAVILION
FOOD TRUCKS LIVE MUSIC
BEER GARDEN

100% OF FUNDS TO LOCAL CHARITY

Brought to you by BASE Idaho and...



BOISE ADAPTIVE SNOWSPORTS EDUCATION

"BOISE ADAPTIVE SNOW-SPORTS FACILITATES WINTER SPORTS OPPORTUNITIES FOR INDIVIDUALS WITH DISABILITIES THROUGH PROFESSIONAL SKI AND SNOWBOARD EDUCATION IN A SAFE ENVIRONMENT WHICH INCREASES PHYSICAL, SOCIAL, AND FUNCTIONAL SKILLS. THEY WILL BE HOSTING THE TREASURE VALLEY TRIATHOLON IN MAY FOR ATHLETES OF ALL ABILITIES AND ADAPTIVE LEVELS.

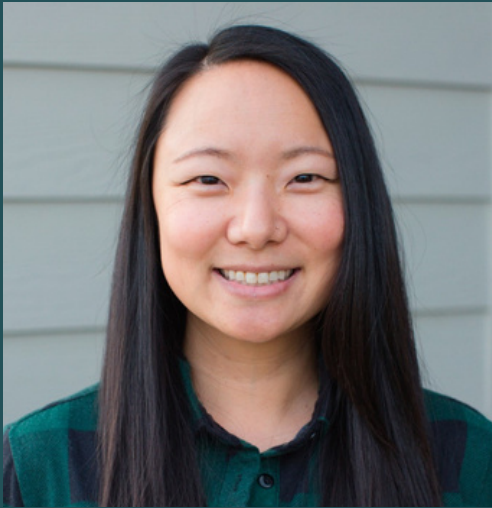
BASEIDAHO.ORG

TREASUREVALLEYTRI.COM

EMPLOYEES OF THE MONTH

MAY 2023

KRISTIN HEUER



KRISTIN WAS VOTED AS THE OFFICE-BASED EMPLOYEE OF THE MONTH FOR MAY BY THE NOBLE TEAM! TEAM MEMBERS RECOGNIZED KRISTIN'S DEDICATION TO HER CLIENTS, HER HARD WORK IN BOTH CLINICAL AND COMMUNITY BASED SETTINGS, AND HER WILLINGNESS TO PARTICIPATE IN TEAM EVENTS. KRISTIN IS A POSITIVE PRESENCE IN THE OFFICE AND IS OPEN-MINDED AND FRIENDLY TO EVERYONE!

MAGS PORTER



MAGS WAS VOTED COMMUNITY-BASED EMPLOYEE OF THE MONTH BY THE TEAM FOR THE MONTH OF MAY! THE NOBLE TEAM SAID THAT MAGS IS ALWAYS ON HER A GAME WHILE WORKING WITH CLIENTS. SOME TEAM MEMBERS SHARED THE VALUABLE FEEDBACK THEY'VE HEARD FROM CLIENTS WHO HAVE THE PLEASURE WORKING WITH HER. THE TEAM AGREES THAT MAGS IS A PLEASURE TO WORK WITH AND IS DEDICATED TO THE CLIENTS AND FAMILIES SHE WORKS WITH!



JOIN US FOR A FAMILY WELLNESS FAIR

WHEN:

13 MAY 2023
9 am - 1 pm

WHERE:

1000 W Myrtle St.
Boise, ID 83702



Jack's Urban Meeting Place

SLIDES WILL BE

OPEN

COST:

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DETAILS:

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HIGH
fitness

9am: High Fitness
Paigh Jones

*bring a mat!



pure barre

boise

10am: Barre
Pure Barre Boise

*bring a mat!

YOGASIX

11am: Yoga
YogaSix Studio



12pm: Sound Bath
Intra Life Healing Arts

MENTAL HEALTH AWARENESS SPIRIT WEEK

WITH NOBLE INTENT

MAY
8

MENTAL HEALTH AWARENESS MONDAY

The green ribbon is the international symbol for mental health awareness. **Wear your green** to show your support.



MAY
9

TIE-DYE TUESDAY

All feelings are valid! **Wear your tie-dye or colorful clothes** to represent the natural range of emotions humans feel!



MAY
10

WELLNESS WEDNESDAY

Your mind and body are connected! Keeping healthy and staying active can positively impact your mental health. **Wear your athletic clothes or your favorite sports team gear!**



MAY
11

THINKING CAP THURSDAY

Are you leaving room for your thoughts in your daily life? **Wear your favorite hat** today as a reminder to take time for mindfulness.



MAY
12

FUN SOCKS FRIDAY

Dr. Seuss once said "There's no one alive that's youer than you." YOU are enough. YOU are worthy. YOU are doing the best you can. **Wear your fun socks** today to express your individuality!



AND JOIN US FOR THE GRAND FINALE...

SATURDAY, MAY 13TH
COMMUNITY WELLNESS FAIR
@JUMP BOISE 9AM-1PM



NOBLE INTENT, HOLISTIC MENTAL HEALTH AND WELLNESS
(208) 286-1529

