

Spring 2024 Newsletter



BeechWood, Inc.

FEBRUARY 2024 | VOL. 14



WHAT'S NEW

Upcoming BeechWood Events

Staff Spotlight: Sunita Khosa

BeechWood In Action

Spring Mindfulness

UPCOMING BEECHWOOD EVENTS

BEECHWOOD SOCIAL GROUPS MARCH 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
31 Rainbow icon DETAILS ABOUT GROUPS ON THE BACK OF THE CALENDAR PLEASE RSVP WITH YOUR PRACTITIONER - TRANSPORTATION SUPPORT MAY BE PROVIDED					1 Bingo 1p-3p 2	
3	4	5	6	7	8 Game Group 11:30a-1:30p 9	
10	11	12	13	14	15 Coffee Group 9:30a-11:30a 16	
17 Clover icon	18	19	20 Music Group/Karaoke 12:30p-1:45p 21	22	23	
24	25	26	27 Arts/Crafts Coloring 1p-3p 28	29	30 Rainbow icon	

*Connect with your Practitioner to receive
your monthly Beechwood Social Groups
calendar for more information on attending!*

EMPLOYEE SPOTLIGHT



SUNITA KHOSA

(SHE/HER/HERS)

ARMHS Practitioner

How long have you been with the company, and what does your job entail?

I have been working at Beechwood since January of 2021. My job entails a lot of things! From supporting my clients in the community, being a good listener, facilitating groups, and learning more about myself.

What do you think makes our team culture unique?

A unique thing about our team is our ability to work as a team to face the different challenges that we meet while working in the field. We support each other to learn and grow individually and as a team.

How did you get started in this industry?

I started out in this field in 2005 when I had just recently graduated from undergrad and "didn't know what I was doing with my life." I ended up working at a treatment facility for adolescent girls and knew that I had found my direction.

Could you describe some of the challenges you have faced in this line of work? How did you overcome them?

It can be challenging to witness the struggles that some of my clients face and feeling like there is not much I can personally do to help them. I try to remind myself that sometimes the most important things I can do for my client is to be there for them and let them know they are not alone.

What advice would you give someone who just started their career?

Go with the flow! Learn as much as you can about yourself and what you're doing where you are and that will help to guide you to where you want to go next. Don't be afraid to take chances!

What are you most proud of in your career so far?

I am proud of going back to get my Master's degree in Social Work and Holistic Health Studies. It has definitely been challenging, but I know that I was meant to do it. I don't know where I'm going, but I know I'm in the right direction!

Who are some of your biggest inspirations?

I am inspired by people who follow their passion, care enough to teach others, and who want to make changes in life, community, or the world; however big or small.

Tell me something about you that most people don't know.

Most people don't know that I was a first-chair flute player and played all through high school and college!

Share one of your personal and professional goals for the next few months/years.

My professional goal is to graduate at the end of the year! My personal goal is to work on being kind to myself and practicing more self-care.

Share your favorite thing about working at BeechWood.

My favorite thing about Beechwood is the opportunity to be my true self and that my strengths are recognized and utilized. Beechwood truly cares about their employees and supporting them to be their best at their work and as individuals.



In January, HR Generalist, Sheng Vang, represented BeechWood at the 2nd Annual MSW Job Fair at the University of Minnesota.

Sheng discovered meaningful opportunities to make a difference in the lives of individuals and communities at the Social Work Job Fair.

"I connected with soon-to-be graduates in the Spring who are committed to social change, explored diverse roles in the field, and networked with fellow professionals passionate about creating positive social impact."



Ready to explore Community Mental Health careers?

Whether you're a seasoned social worker or just starting your career journey, BeechWood offers the space to engage with opportunities that align with your values and aspirations. Don't miss your chance to be part of the collective effort towards building a brighter and more equitable future for all.

LET'S CONNECT!

Sheng Vang
HR Generalist
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Sheng.Vang@beechwoodinc.org

BEECHWOOD IN ACTION

Beechwood Groups February 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DETAILS ABOUT GROUPS ON THE BACK OF THE CALENDAR						
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Bingo Group

Step into a world of fun, friendship, and support with our Monthly Bingo Group, tailored for mental health clients. Engage in lively games, build lasting connections, and experience the therapeutic benefits of social interaction in a welcoming environment. Our group provides a safe space for individuals to unwind, share experiences, and uplift one another. Whether you're a seasoned player or new to the game, all are welcome to join in the laughter and excitement. Come be part of a community that celebrates resilience, positivity, and the power of coming together.



February 2024 Bingo Group

SAVE THE DATE!
Mental Health Day On The Hill
Thursday, March 7, 2024.
Connect with your Practitioner to attend!

SPRING MINDFULNESS



HAVE A ROUTINE



DECLUTTER



STAY HYDRATED



STAY ACTIVE



**SPEND TIME
IN SUNSHINE**

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