



Stepping Stones PROS hosts annual art show

Each year, Family Service League’s Stepping Stones PROS program proudly hosts an Annual Art Show to showcase the incredible artwork created by participants throughout that are used to help participants manage stress, solve problems, and express their emotions.

The 2024 Art Show, held this past September, was organized by the program’s Licensed Creative Arts Therapists **Deanna DiGiulio** and **Lisa Sutton**, with assistance from art therapy interns. The event featured an inspiring variety of art created using different mediums and styles, each reflecting the unique personalities of the artists.

In addition to visual art, PROS participants with musical talents performed for family, friends, and staff who attended. The event was a beautiful experience, offering participants a chance to showcase their talents and contribute to a meaningful celebration.



A message from the PROS Program Team



As we end 2024, and move into 2025, we want to say **THANK YOU!**

Your hard work, dedication, and kindness does not go unnoticed. Every day you bring comfort, hope, and healing to those who need it most. Together, we are making our community stronger and brighter. Have a wonderful holiday season!

- Central Office, Bureau of Rehab Services, Treatment, and Care Coordination Team

Celebrating diversity during the holiday season

The holiday season is a time for people of all backgrounds to celebrate, connect with loved ones, and share traditions.

In the United States, we observe a variety of holidays that honor different cultures, beliefs, and histories.

Our team has found this [Multicultural Holiday Calendar](#) to be particularly helpful! (Credit to the Capital Region Chamber of Commerce for creating this resource.)

For more ideas on how your program can celebrate the holidays, check out the [Winter 2024 PROS Newsletter](#).

DECEMBER 2024

CAPITAL REGION
CHAMBER

Month-long observances:
HIV/AIDS Awareness Month
Universal Human Rights Month



1 World AIDS Day

3 International Day for People with Disabilities

10 International Human Rights Day

12 Feast of Our Lady of Guadalupe (Mexico)

21 Yule Winter Solstice (Pagan)

25 Christmas (Christian)

12/25-1/7 Hanukkah (Jewish)*

12/26-1/1 Kwanzaa

26 Boxing Day (Great Britain and Commonwealth countries)

31 New Year's Eve



*most observed Jewish holiday; permissible to work/hold meetings



Resources

Make sure to sign up for the [PROS listserv](#) to get all PROS-related announcements.

Be sure to check out the [PROS MCTAC](#) page where PROS Redesign trainings, resources, and guidance are kept in one place.

Back issues of the PROS Newsletter are catalogued at:

- [PROS Newsletters 2022 to present](#)
- [PROS Newsletters from 2015 to 2021](#)

Don't forget to check out the PROS curricula that is also available on the [Clearinghouse website](#).



Office of
Mental Health

This newsletter is written by the Bureau of Rehabilitation Services, Treatment, and Care Coordination at the New York State Office of Mental Health.

Please distribute to all PROS staff.