



JUNE

2020



Hello, everyone.

After a brief hiatus from the monthly newsletter, we are back with updates! The good news is that the new cases of the Coronavirus, as well as numbers of hospital patients, are declining! Some normalcy is returning, which is a welcome relief for most. Some of us have found that the restrictions and need to stay home have been a nuisance, yet have also realized that we're enjoying the extra time to spend with family or pursue new interests. We have remained open for business throughout the pandemic, and continue to be available for all offered services. As of now, all services continue to be provided via telemedicine tools.

We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide integrative services for those clients who struggle with alcohol or drug addiction, as well as ongoing group therapy to meet the varied needs of the clients.

### **PROGRAM UPDATES**

All telemedicine services are running smoothly, whether the clinician is in the office or working from home. Our amazing staff of clinicians, interns, managers, directors, and administrative employees have enabled us to continue to help as many clients as possible.

### **INTERNS CORNER**

We currently have 10 interns at our agency, as some have ended their internships and some have just begun! We continue to provide the same opportunities to train and hone their clinical skills, thanks to our updated technology and video services.

### **Columbia Office**

6440 Dobbin Rd Ste D  
Columbia, MD 21045 (410) 730-2385

**From our CEO, Dr Brewer:**

**The start of this month gave many who hadn't experienced, thought of, or believed in it, an upfront, close and personal view of the systematic racism that still permeates in our country. The videos depicting disturbing images of police brutality on black lives have given rise to a heightened global sense of anger and frustration, while at the same time has brought millions from around the world together in solidarity. MPB Group always has and always will stand united for equality. MPB Group takes a firm stance against racism and any other form of hatred and bigotry. Our diverse group of clinicians are here to support clients of all race, age and ethnicity. We are here to help clients share their feelings of loss, anger and sadness as well as to help empower clients to find hope and light amidst the struggles they face.**

### **GROUPS**

We continue to provide groups via teletherapy. Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days and times. You can email or call MPB Group to inquire about joining a group.

### **QUOTE OF THE MONTH**



### **Laurel Office:**

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