

Northern Hills Drug Court Information Flier December 2007



Northern Hills Drug Court wishes you a safe and happy holiday season.

The holiday season, for most people is not a magical movie where every wish is wrapped up in bright paper and bows. Christmas lights strung and hung from street posts to roof tops offer a beautiful sight, but for some, these lights only illuminate their loneliness, financial or spiritual deficiency. If we lower our expectations of the holiday season, and push aside the Normal Rockwell vision of the perfect happy family gathered around the perfect holiday meal, we can relax a bit and make the best of our imperfect situation.

Here are a few tips for enjoying the holidays:

- Take care of yourself. (Take a warm bath, rent a good movie, and get enough rest, exercise)
- Stay within your budget. If you're strapped for cash offer your time instead or give a home baked item.
- If you are feeling grief or loneliness acknowledge it. Get out around people. Volunteering for a non-profit organization or visiting shut-ins are a

good way to ease your loneliness as well as that of others.

- Remember what the holidays are really about. Take time to get in touch with your spiritual side and your basis of love for other people and yourself.

DRUG COURT CONGRATULATES...

two of the Drug Court Participants!! Through their hard work by staying clean from drugs and alcohol, maintaining employment, and working to be better parents and citizens, they have been moved from Phase I to Phase II of the program. Congratulations! Keep up the good work!

CHANGE IN SCHEDULE

Drug Court meets at 1p.m. every Tuesday. The public is invited to attend any drug court session; however the names of the drug court participants are to remain confidential.

Due to the Christmas and New Year holidays, Northern Hills Drug Court will be meeting on **Thursday, December 27th at 10a.m.** (instead of Tuesday, Dec. 25) and on **Monday, December 31 at 10a.m.** (instead of Tues., January 1).

