

Griffith Centers

Hope & Healing Start Here

MONTHLY EMAIL NEWSLETTER



Holiday Boundaries for Families: How to Protect Your Mental Health This Season

Holiday stress is a real and common experience - and one of the most effective ways to protect your mental health during the season is by setting clear boundaries with family.

Boundaries help you manage expectations, reduce emotional overload, and create space for connection that actually feels safe and supportive.

At Griffith Centers for Children, we see year after year how the holidays can amplify pressure, resurfaced trauma, and complicated family relationships. But with the right tools, this season can feel calmer and more manageable.

Why Holiday Stress Hits So Hard - and Why Boundaries Help

The holidays bring a mix of routines, emotions, and expectations that don't always align with your capacity. Even positive traditions can feel heavy when paired with exhaustion, grief, or complicated relationships. Boundaries help you decide what you can genuinely handle, giving you permission to protect your peace without guilt.

When you communicate your limits clearly, you're not shutting people out —you're creating space for healthier, calmer interactions. That's essential when navigating holiday stress, especially for families already carrying emotional strain or past trauma.



We believe in offering safety, healing, and hope—especially during seasons that feel heavy. Through outpatient care, family services, residential programs, and more, our mission is to help you build resilience and rediscover possibility.

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A Note From Our CEO

Date: November 20 – December 11, 2025

Dear Friends,

As we wrap up the holiday season and the calendar year, I want to extend a heartfelt thank you for your year of hard work, dedication, and unwavering commitment to those we serve. Because of you, Griffith has reached unprecedented milestones this year – many of which will shape the future of mental and behavioral health services across Colorado. I am incredibly proud to share just a few of the highlights accomplished this past year at Griffith Centers:

- We continue to serve nearly 2,000 children and teens impacted by abuse, neglect, and trauma, providing care, stability, and hope to

- young people across the state.
- We were selected as the vendor for the new Psychiatric Residential Treatment Facility (PRTF), a tremendous honor and a program that will significantly influence the mental health landscape in Colorado for years to come.
 - Our Colorado Springs location is undergoing a major transformation, creating a block-long campus with state-of-the-art spaces to support expanded behavioral health interventions, education, and whole-person wellness – including independent living and life skills for youth, mentoring, and coaching.
 - We expanded services for adults living with intellectual and developmental disabilities (IDD), including launching a new Specialized Habilitation (Spec Hab) and adult day program focused on social connection and building independent living skills.
 - We are preparing to break ground on the J. Wilkins Opportunity School, designed with trauma-informed principles and enhanced security features to ensure a supportive and safe environment for our students.
 - We continue to expand Griffith’s reach across Colorado Springs and into underserved rural communities, increasing access to vital services through a major technology enhancement and telehealth expansion.
 - And most recently, the Denver Gazette’s readers placed Griffith Centers in the Best of Mile High in the Family & Health category—a recognition that speaks to the impact and excellence of the work of our staff.

At the heart of it all is a simple truth: our work makes a profound difference in someone’s world. None of this would be possible without the tireless support of our friends and supporters. Thank you for walking this journey with us. Together, we are continuing to build on nearly a century of service in shaping a brighter, healthier future for underserved Coloradans.

With deepest gratitude,
Tania Sossi
President/Chief Executive Officer
Griffith Centers



Don't Miss Out: Winter Wonderland at Griffith Centers

Date: Decemer 13, 2025

4-8 PM

Griffith Centers Main Campus

10 Farragut Avenue, Colorado Springs, CO 80909

Join us as Griffith Centers proudly presents our annual Winter Wonderland celebration—this year themed “Griffith Centers Gives Back.” Enjoy a magical evening filled with holiday cheer, family fun, and meaningful opportunities to support our community.

Free to all!

[RSVP on Facebook](#) or email:

Jenn.barger@griffithcenters.org

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Can't attend but still want to help? Consider sponsoring a child's participation in the festivities or contributing to our year-end giving campaign. Celebrate the season with Griffith Centers, meet Santa, and join us in giving back at Winter Wonderland 2025.

We can't wait to welcome you on December 13!

Introducing *The Griffith Centers Podcast* — where compassion meets conversation!

Join CEO & President **Tania Sossi** as she shares how Emily Griffith's 100-year-old legacy continues to change lives today.

Episode One: *Honoring the Legacy* is out now!

Listen on Spotify, Apple Podcasts, or wherever you get your favorite content.

<http://www.griffithcenters.org>



Services That Meet the Moment

At Griffith Centers, we believe that healing is possible for everyone. Our mission is to walk alongside individuals and families as they reclaim their stories, rebuild their resilience, and rediscover hope.



Therapy Services

[Learn More](#)



Foster Services

[Learn More](#)

Hope & Healing Start Here at Griffith Centers

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