



**SAY San Diego  
Cognitive Behavioral Therapy**

**Laura Soto, LCSW Director**

# Program Overview

- + Length of Program
- + Curriculum
- + Skills and strategies
- + Family as Motivation

— Holiday Newsletter 2023 —

## SAY SAN DIEGO'S CBT PROGRAM

For the month of December, we held a holiday celebration for our CBT participants to initiate the holiday season. As we prepared to enroll new participants and dismiss our graduates, we had our CBT graduates share on how their life has become more meaningful in the last 6 months.

Here are some of their responses:

*"My life has become more meaningful because I have been given an opportunity to change the way I think to make better decisions in my life and continue being there for my family."*



*"I have found myself valuing all the time I have with my family and not take it for granted. That is why I think and stop when making decisions because it will not only affect me but them too."*



Additionally, with the support of our donors for Holiday Hopes, our participants were able to take home a special gift for their children at home. Thank you to our donors!

*We hope your  
new year is  
filled with  
joy and good  
health*



# Connecting to Clients

- + Build on their strengths
- + Tone, demeanor
- + Validate what they share
- + Check in as needed
- + Connect with service providers



## **Comprehensive Approach**

Incentives

Flex Funds, Private Funds

Mentors

# Network Of Support

- + Probation
- + Behavioral Health Organizations
- + Dads Corps
- + SAY Resource and Referral Hub

# Questions ?

- + Laura Soto (858)663-9560
- + [Isoto@saysandiego.org](mailto:Isoto@saysandiego.org)