

SOC Monthly Meeting: October 20, 2026, 1 p.m., on Webex

As we draw closer to the winter months and the holiday season, we begin to see more messages that this is the "happiest time of the year." For many though, it is anything but a happy time. With unemployment and rising costs of just about everything, many of our community members cannot even afford the necessities let alone the holidays. As stressors increase, so do mental and physical health issues in children and adults. As educators, case workers, therapists, and more, we see these struggles in our community on a regular basis but often have limited resources. The SOC hopes to change this with a series of presentations that will equip all of us with the desperately needed resources:

- A powerful presentation about seasonal depression, current best practices, and resources.
- Presentations from SPIRE and Evergy about new and existing programs to keep people warm, and safe as dangerously cold weather approaches. No one should have to choose between food, medicine, etc., and staying warm.
- A specific focus on holiday adoptions for gifts, clothing, food, and more. This will include what the SOC itself has to offer anyone in need.

All are welcome! If you need an invitation, please reach out to: Jennifer.LHeureux@dmh.mo.gov



