



nurture.
guide.
transform.

Support Our Holiday Campaign Donate Today!



In times of crisis, StarVista answers the call. For anyone in need, struggling with depression, or worried about a friend, StarVista is there. Our Crisis Intervention and Suicide Prevention team was there for more than 16,000 callers last year.

"It's like I hit a brick wall," Tanya said before bursting into tears once again. On the other end of StarVista's crisis hotline, the hotline volunteer listened patiently, waiting for Tanya's sobs to subside. Tanya had called the crisis line in a moment of distress. Overwhelmed by her depression, Tanya felt paralyzed by her sadness and couldn't muster the energy to get out of bed. Instead, she called StarVista: a number her friend had recommended to her weeks before.

Your generous gift to StarVista today will transform the lives of children, youth, adults, and families this holiday season. They are counting on your support!

[Read more](#)

[Donate Today](#)

TYS Winter Celebration

We had such a great time at our open house this past Wednesday, December 12. Our TYS Team hosted a **Winter Celebration and Open House** at our SSF location. It was great to see the community at large come by to learn more about this amazing program. **Thanks to everyone who came by and supported us.**



StarVista's Transitional Youth Services (TYS) provides housing assistance and case management services to youth ages 18-24.

[Learn more](#)

StarVista in the News

A new start for a family in crisis

With three children, an eviction order, and little hope of a light at the end of the tunnel, Justine felt hopeless.

Forced to move from her home and unable to provide steady food and shelter for her children, Justine focused all of her energy on keeping her family together.



[Read more](#)

**Names and identifying features have been changed to protect client confidentiality.*

Meet Our Two New Department Directors



Narges Z. Dillon, MA, LMFT

Director, Department of Early Childhood and Family Services

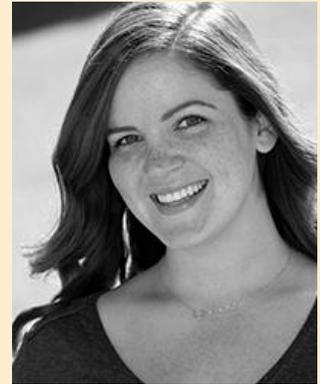
Narges is a Licensed Marriage and Family Therapist and the current Director for StarVista's Early Childhood and Family Services Department. In her prior role she was the Program Director for StarVista's Crisis Intervention and Suicide Prevention Center, as well as the Child and Adolescent Hotline and Prevention Program. Narges joined StarVista in 2011 and throughout her career, Narges has worked in various school-based, community-

based, and outpatient settings and is passionate about working collaboratively with families and schools to address the challenges of children and teens.

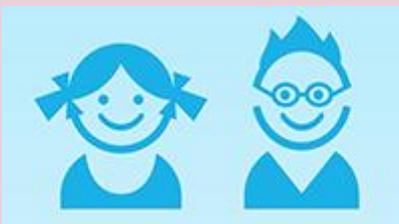
Lindsay Stark, MA, LMFT

Director, Department of Wellness and Recovery Services

Lindsay Stark is a Licensed Marriage and Family Therapist who joined StarVista in 2009. She received her Masters Degree in Counseling Psychology with a concentration in Drama Therapy in 2010 and spent several years providing clinical services at StarVista's Women's Enrichment Center. In 2013, Lindsay was promoted to Program Manager of School Based Counseling Services. In that role, Lindsay and her team worked to bring mental health services and social-emotional support to more than 30 schools throughout the community, connecting with thousands of children and youth, who otherwise would not have access to support services. Lindsay is passionate about breaking down barriers to mental health care and making services highly accessible to all members of the community.



Children's Place is turning 40 in 2018



At the Heart of Recovery, Children's Place has been helping children from addicted families since 1978. Through weekly educational support groups, four to twelve year olds learn about addiction in an age appropriate way. In a safe environment they talk openly and share feelings. Children learn problem solving, coping and self care skills to stay safe. Through play they discover

their special qualities.

The goal of the Children's Place Program is to break the cycle of addiction by teaching children about alcohol and drug use, building their self esteem, and helping them learn healthy

coping skills. Most importantly, children learn that the addiction in their family is not their fault.

More info coming soon at www.star-vista.org



26th

**ANNUAL
STARTING LINE
BREAKFAST**

SAVE THE DATE
FRIDAY, MARCH 23, 2018

STAY CONNECTED:

