Atlantic Psychiatric Center — November 2025 Newsletter

November is National Gratitude Month!

November being designated as National Gratitude Month is a time to make an intentional effort to recognize and appreciate the positive aspects of life by practicing thankfulness and expressing gratitude. Practicing gratitude is associated with several positive effects, including improved sleep, better mood, stronger immune system responses, and more connectedness with social and community supports.

Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, or Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email namibrevard@gmail.com)
- DBSA Online Support Groups – Meets daily via Zoom (visit dbsalliance.org/support for info)
- Good Company Gatherings – A free gathering to meet new friends and support each other – Meets on the 3rd Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

WHAT'S HAPPENING IN NOVEMBER?

- **Nov 1st** – Brevard Morning Mindfulness Group; Free beach mindfulness event from 8:30-9a. Meets at the blue building closest to Nance Park. Every 1st & 3rd Saturday!
- **Nov 1st** – Family Fun Day at Erna Nixon Park from 10a-2p. Stop by that pavilion for a free family-friendly activity and learn something about nature or wildlife! Every Saturday!
- **Nov 1st** – Writers Group at the Melbourne Beach Public Library from 10:15a-12:15p.
- **Nov 2nd** – Yoga In Nature – Free traditional yoga class for all levels at the Enchanted Forest Sanctuary in Titusville from 9:30-10:30a. Bring mat and water. Every Sunday!
- **Nov 2nd** – Free Ranger-Led Tour of Turkey Creek from 10-11a. Every 1st & 3rd Sunday!
- **Nov 3rd** - Family Movie Night at Port St John Public Library from 4-6pm. Free kid-friendly movie and free popcorn. Every Monday!
- **Nov 5th** – Intro to Dungeons & Dragons group; Meets at the Palm Bay Public Library on Port Malabar Blvd at 5pm & 6pm. Ages 10+. Every Wednesday!
- **Nov 5th** – Writing Club at Moonstruck Market from 5-7p. Every Wednesday!
- **Nov 6th** – Sunset Yoga; Free event at 6pm at Ryckman Park. Every Thursday!
- **Nov 6th** – Melbourne Municipal Band presents a free 'Spooks & Spells' concert at the Melbourne Auditorium at 7p, featuring music from Harry Potter, The Nightmare before Christmas, Thriller, and more.
- **Nov 7th** – Free Tai Chi class for all ages in Ryckman Park from 9:30-11:15am. Every Friday!
- **Nov 8th** – Brevard County Out of the Darkness Community Walk at Wickham Park from 08:30-11:30a. Join the local chapter of the American Foundation for Suicide Prevention as we acknowledge how suicide ant mental health conditions impact us.
- **Nov 8th** – Beach Cleanup Event at Canova Park from 09:30-11:30a. Every 2nd Saturday!
- **Nov 8th & 9th** – 60th Annual Space Coast Art Festival in the Avenue Viera from 9a-5p.
- **Nov 9th** – West Melbourne Community Park market from 10a-3p. Every 2nd Sunday!
- **Nov 10th** – Blind Date Book Exchange at Moonstruck Market from 5:30-7p. Wrap a book, write clues on the wrapping, and bring it in to exchange with others for a surprise read!
- **Nov 14th** – Women's Club Book Discussion at Satellite Beach Public Library from 12-2p. Bring a book you want to talk about and a bag lunch. Every 2nd Friday!
- **Nov 14th** – Friday Night Live; Free outdoor family event at the West Melbourne Community Park from 4-8p with vendors, food trucks, music, games, and kid-zone! Every 2nd Friday!
- **Nov 15th** – Beach Cleanup Event at Cherie Down Park in Cape Canaveral from 07:30-08:30a.
- **Nov 15th** – Melbourne Oddities & Curiosities Market at Riverview Park from 10a-4p.
- **Nov 15th** – Fall Car Show at Cocoa Riverfront Park from 11a-4p.
- **Nov 15th** – Melbourne Community Orchastra Special Event: Music Makers of Tomorrow – A free educational concert for kids at Premier Theaters Oaks 10 at 2pm.
- **Nov 16th** – Fantasy Book Club at Moonstruck Market from 1-3p. Every 3rd Sunday!
- **Nov 21st** – Craft Night at Moonstruck Market from 6-8pt; Bring your own project to work on while chatting with other crafters! All crafts are welcome! Every 3rd Friday!
- **Nov 21st & 22nd** – Holiday Market at the Melbourne Auditorium; Friday from 3-8p (Snowfest Kidzone from 5-8p), Saturday from 10a-3p. Vendors, live music, and photos with Santa!
- **Nov 22nd** – Stuff-a-Cruiser – Help fill police and fire vehicles with food donations to support the Central Brevard Sharing Center! Drop off donations at 3 locations in Rockledge (Publix – 1880 US hwy1, Publix – 3820 Murrell Rd, or Thrifty – 920 Barton Blvd). All items needed!
- **Nov 22nd** – 41st Annual Festival of Trees at Wickham Park from 9a-3p. Shopping, treats, and family-friendly activities while immersed in a winter wonderland.
- **Nov 29th** – Turkey Creek Fall Art Show & Holiday Market at the Tony Rosa Community Center from 08:30a-2:30p with over 70 vendors!
- **Nov 29th** – 4th Annual Grinch Fest at Wickham Park from 11a-4p. Vendors, food trucks, and meet the Grinch!
- **Nov 29th** – Free Movie in the Park & Car Show at Fred Lee Park; Car Show begins at 3pm, then showing of A Muppet Christmas Carol at 6pm.

Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!

November Mental Health Book Recommendation:

"The 5-Minute Gratitude Journal: Give Thanks, Practice Positivity, Find Joy"

~ By Sophia Godkin, PhD

November Podcast Recommendation:

"Evolving With Gratitude" with Lainie Rowell explores how gratitude can optimize happiness, relationships, and overall performance, and shares evidence-based strategies that promote happiness and empowerment.

November Monthly Self-Help Tool:

The 'Gratitude' app is a free tool that offers a variety of features, including a journal prompts, gratitude challenges, positive self-affirmations, daily motivational quotes, buildable vision board to support personal goals and aspirations, and the ability to set daily reminders to build consistency.

For each day of the month, identify or make a note of your favorites or something you're grateful for!

1. Comfort Item	2. Scent	3. Childhood Item	4. Place in Nature	5. Fun Activity	6. Person
7. Art or Artist	8. Part of Your Home	9. Book or Author	10. Food or Flavor	11. Gift Given to You	12. Quote or Saying
13. Movie or Show	14. Song	15. Happy Memory	16. Season or Type of Weather	17. Life Lesson	18. Small Gestures
19. Talent or Skill	20. Moment This Week	21. Online Space or Website	22. Period of Time in the Past	23. Mentor or Teacher	24. Hobby
25. Where You Live	26. Daily Life	27. Animal or Pet	28. Sweet Treat	29. Way to Relax	30. Moment This Month

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You can now find our monthly newsletter on our website at www.atlanticpsych.com!