



UPHOLDING
MENTAL HEALTH

Mirci Consolidates Facilities to New Location



After a month of moving and settling in at our new location, Mirci is proud to announce the consolidation of its facilities under one roof at 2750 Laurel Street, Columbia, SC 29204.

This move marks a significant milestone in our mission to provide wraparound support to those facing severe mental illness and homelessness within the Columbia community. By bringing together all of our resources and expertise to one centralized location, we aim to streamline operations and enhance accessibility for the people we serve.

"Operating in four different locations has been a challenge, and we're thrilled to have the MIRCI family all under one roof," said Julie Ann Avin, CEO of Mirci.

On Tuesday, May 28, our new facilities opened for client visits, serving as a hub for a wide range of programs and services, including clinical counseling and psychiatric care, case management, housing and disability assistance, job training, and more.

"This new location allows us to provide behavioral health services in an inviting and therapeutic space," said Julie Miller, Chief Clinical Officer at Mirci. "We have always provided excellent clinical care, but our new space enhances that experience for those we serve in our community. It is our hope that this space will provide comfort, hope, information, and inclusion both for the patients and service providers."

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SAVE THE DATE

GRAND OPENING

5:00 PM
Thursday | June 27

2750 LAUREL ST. COLUMBIA SC, 29204
THIRD FLOOR

SCAN THE QR CODE
OR EMAIL MAIL@MIRCI.ORG
TO RSVP:



**Celebrate with us at our Grand Opening event
on Thursday, June 27th!**

We invite our community partners and friends to
join us in celebrating our new facilities
at our upcoming Grand Opening event
on Thursday, June 27th at 5:00 PM.

RSVP [here](#).

Thank you Dominion Energy

Thank you Dominion Energy for granting Mirci \$5,000 to support maintenance and utility costs at our permanent housing units across the greater Columbia area. Contributions like these go a long way in helping our residents feel safe and stable in Mirci housing.

MIRCI
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Actions Speak Louder

Mental Health Moment

Self-care While Supporting a Loved One with Mental Illness



Caring for someone with mental illness can be challenging and demanding, both physically and emotionally. A strong self-care routine will help sustain your capacity to care for your loved one. Here are some tips to preserve your mental health while supporting someone else:

Set Boundaries: Establish clear boundaries to protect your time and energy. This includes setting limits on what you can and cannot do for your loved ones at any given time. Learn to say no when necessary, without feeling guilty.

Seek Support: Support groups like [NAMI](#) are free to join and provide opportunities to share your experiences and gain advice from others in similar situations. Don't hesitate to reach out to friends, family, or professional counselors for emotional support. Psychology Today has a great "[Find A Therapist](#)" resource if you need help getting started.

Educate Yourself: Learn about the specific mental illness your loved one is dealing with. Understanding their condition can help you manage your expectations and approach the situation more effectively. Mental Health America has many [educational resources](#) on its website.

Practice Self-Compassion: Be kind to yourself. Acknowledge that taking care of someone with mental illness is difficult and that it's okay to have mixed feelings about it.

Maintain Your Health: Treat your physical, mental, and spiritual health like a high-performance car: regular maintenance is essential for peak performance. Schedule routine medical check-ups, eat a healthy diet, get adequate sleep, and exercise consistently to keep yourself balanced and energized.

Take Breaks: Take regular breaks to rest and recharge. Use [respite care services](#) if available. Engage in activities you enjoy to relax and unwind.

Develop a Routine: Establish a daily routine that includes time for both caregiving and self-care activities. Consistency can help manage stress and create a sense of normalcy.

Stay Connected



[Donate one of our most needed items.](#)

For questions about volunteering, hosting a supply drive, or coordinating a fundraiser, please email: mail@mirci.org

Recently awarded the Candid Platinum Seal of Transparency, gifts to Mirci can be made with trust and confidence [here](#).

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