

POLARA STAR

A place where everyone feels they belong



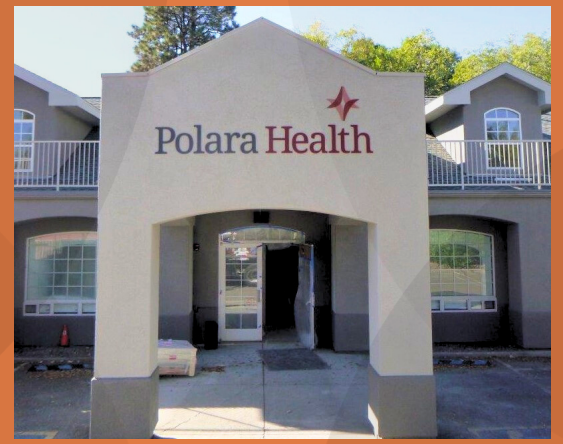
Q2 2024

FOR IMMEDIATE RELEASE

Polara Health - Integrated Care
Opens Early Summer

We will be moving adult out-patient services from
Ruth Street and Hillside Center to 726 Gail Gardner
Way in Prescott

The construction on our beautiful building located at 726 Gail Gardner Way in Prescott is complete. We are waiting on our licensing and will move adult out-patient services, peer support, adult counseling, support groups and primary care to this location. Your therapists, counselors, case managers and care providers will keep you posted on the move. We are excited to share it with you soon!



Polara Health

Friday, 19 April 2024
11:30am - 6:00pm

Chino Valley High School Gymnasium
760 E. Center Street - Chino Valley

COMMUNITY HEALTH FAIR

At the Community Health Fair, you will have the opportunity to talk with professionals about:

- Free Health Screenings
- Free Mammogram Screenings
- Free Vision Screenings
- Free Auditory Screenings
- Children's Services
- Community Resources & Information
- Health Insurance Enrollment Assistance
- Mental Health Resources
- Vitalant Blood Mobile
- Food Box Distribution
- And more!



OPEN TO THE COMMUNITY

REGISTRATION FOR THE MAMMOGRAM
SCREENINGS IS REQUIRED - PLEASE VISIT OUR
WEBSITE OR SCAN THE QR CODE TO REGISTER

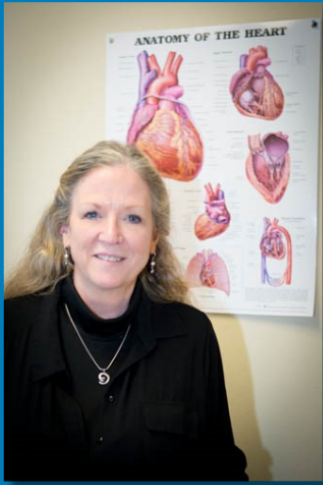
928-445-5211
polarahealth.com



Swing by our
**Community
Health Fair** on
Friday, April 19th
for free services
and a range of
community
resources. Open
to the
community!



HAVE YOU MADE YOUR **PRIMARY CARE** APPOINTMENT YET?



Dr. Lisa Emmans

THE POWER OF WHOLE PERSON CARE

Whole person care at Polara Health represents a fundamental shift in our approach to healthcare, emphasizing the importance of addressing not only physical health but also the emotional, social, and mental well-being of individuals. It is an approach that recognizes the interconnectedness of all these aspects in shaping an individual's overall health and quality of life. Whole person care improves health outcomes and creates a more patient-centered and empathetic experience where patients feel heard, valued, and understood; something we all desire and need in our lives.

For those interested in Polara Health's Primary Care services, please call our main number at 928-445-5211 and schedule your appointment today.

YAVALINE now in Prescott



An on-demand ride service that will pick you up and get you where you need to go.



YAVCONNECT.ORG

YAV Connect operates in two distinct services zones in Prescott Valley and Prescott. Check it out and see if this works for you!



POLARA HEALTH PEER SUPPORT

PEER SUPPORT SERVICES ARE FOR INDIVIDUALS WHO MAY NEED MORE PERSONALIZED SUPPORT THAN NATURAL SUPPORTS OR COMMUNITY BASED PROGRAMS.

Peer Support is:

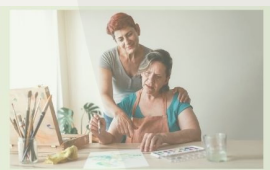
- coaching to restore skills
- self-advocacy support
- crisis/relapse support
- facilitating the use of community resources & navigating behavioral health systems
- restoring and facilitating natural supports, community building and socialization

PHASES OF PEER SUPPORT: ENGAGING | CONNECTING | SUPPORTING

CALL US FOR MORE INFORMATION

928-445-5211
polarahealth.com

Watch for our Art With Lived Experience Event - October 2024



- Peer Support Groups
- Mindful Movement
 - Walking Warriors
 - Thrive
 - DBT Skills
 - Creative Writing
 - Painting with Feelings
 - Aging for Recover

ASK ABOUT OUR SUPPORT GROUPS

Mental Health Moments



May is Mental Health Awareness Month... We have created Mental Health Moments that are short videos on how to make a difference in your mental health or that of a loved one. Great ideas and/or resources. Check us out!

