



# NEWS RELEASE

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**For Immediate Release**

## **Seasons Center Receives \$750 Grant from the American Legion of Iowa Foundation**

**Spencer, IA** - Seasons Center for Behavioral Health received a \$750 grant from the American Legion of Iowa Foundation to host four therapeutic retreats as part of the HEAL (Hope, Enable, And Learn) program. The HEAL program has been providing specialized trauma therapy services throughout 19 counties in northwestern Iowa since July 2016.

"The HEAL program is designed to meet the unique needs of individuals, families, and communities that have been victims of crime," said Christina Eggink-Postma, Vice President of Program Coordination and Compliance at Seasons. "The themes for the retreats will be focused around stress reduction, self-care, and coping skills."

The American Legion of Iowa Foundation is a charitable entity whose focus is to serve local communities in various ways, including children and youth programs.

"Seasons is appreciative of the support by the American Legion of Foundation for this project," said Kim Scorza, CEO/President at Seasons. "At Seasons, we are committed to instilling hope in those we care for, enabling people to resolve their traumatic experience(s), and guiding victims to learn about community resources to aid in their healing."

Seasons is a non-profit organization and has been providing a broad range of psychiatric and behavioral health services to people and communities in Northwest Iowa since 1959. Seasons strives to provide exceptional care to children, families, and adults through skilled, dedicated, and passionate employees who use evidence-based treatment practices and innovative treatment techniques.

For more information on Camp Autumn and Seasons' services, please visit our website at: [www.seasonscenter.org](http://www.seasonscenter.org) and Facebook page [www.facebook.com/SeasonsCenterForBehavioralHealth](https://www.facebook.com/SeasonsCenterForBehavioralHealth)

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit [www.seasonscenter.org](http://www.seasonscenter.org) or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit [www.avera.org](http://www.avera.org).