

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

OCTOBER 2025

See You At FamFest: Oct 11th

We can't wait to see you and your family at FamFest on Saturday, October 11th! This year's FamFest will be held at the Frank T. Forester Recreation Center in Rockledge and is open to families of all kinds. We are so excited to bring you another year of activities, games, new memories, free raffles, and so much more.

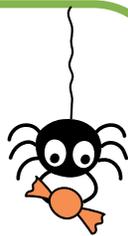
Don't forget to arrive early. Our first 25 families will receive a special prize, and we will have free food and giveaways for all families while supplies last.

Scan the QR code to save our event on Facebook. We can't wait to see you there!



Dates and Events

- 10/4 - Rocktober 5K
- 10/11 - FamFest
- 10/13 - Columbus Day
- 10/18 - North Brevard Fall Festival
- 10/24 - Kidtoberfest at Wickham Park
- 10/25 - Cocoa Village Fall Festival
- 10/31 - Happy Halloween



HAPPY HALLOWEEN

Frightening Myths about Mental Health

Myth: Using an AI chatbot is a safe way to replace mental health counseling.

Truth: While AI can be a helpful tool, AI cannot replace the the emotional intelligence, human empathy, and therapeutic alliance that is created with a trained human therapist. Many chatbots are unregulated which can be harmful in some cases.

Myth: People with a strong support system don't need mental health support.

Truth: Therapists can provide a different kind of support than family and friends that is confidential, objective, unbiased, and uses trained skills.

Myth: Mental illness is a sign of weakness.

Truth: Mental illness is different from mental strength. Just as a person with a physical diagnosis can still be a strong person, someone with mental illness can still be mentally strong.

988 SUICIDE & CRISIS LIFELINE

A Journey to Resilience

A program of Space Coast Health Foundation & Lifetime Counseling Center