Dear Friends;

Each month I write a personal note in this space and send it out into the ether. At times, I hear back from folks if the topic has resonated, and it always means the world to me that the conversation has been made.


To know how good you were
was, he always wanted you
wanted to hear how good he
this fine man was his

What I remember most about
friend Oz Griebel died on
suffered in a truck/pedestrian
overcome the complications
baseball fans:
report to his legion of

This, from Woody's daily
remarkable example.
my very best to emulate his
friendship with Oz – I will do
for those moments and my
gift. I am eternally grateful
more important or beautiful
allow for the most treasured
the moments that collectively
and well-being. These are
after our loved ones' health
and laughter, the inquiries
support, the shared stories
taken for a lunch to listen and
what you're doing, the time
says; I value and appreciate
lives. It's those small
blessed we are to come upon
transformations that take
beautiful and healing
vulnerable selves…and the
person with whom we can be
sharing our stories with one

This month we've been
focusing on the value of sharing our stories with one another. The powerful experience of finding a person with whom we can be our whole, authentic selves can lead to a beautiful and healing transformation that can

Miss our WZBG Interview?

Click on the link to hear the month's interview on WZBG STJ with Dale Jones and Manny Barreto, COVID-19 Assistance for Community Health Provider at the McCall Center for Behavioral Health. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.

Make a difference in someone’s life and support McCall today!

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and more productive lives.

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Support community health
All program services are free, and any individual, family, or business is eligible for assistance. If you need help, or are unsure and have any questions, please call Manny Barreto at 860.626.9805.

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