

shomecare.org for sponsorships and Amanda Mayfield, outreach@coastalkid-shomecare.org for vehicle registration.

For tickets to the event, go to givebutter.com/TATSalinasTickets.

Wellspring celebrates 10 years in Monterey

Wellspring Psychological Services recently celebrated its 10-year anniversary with a ribbon-cutting ceremony hosted by the Monterey Peninsula Chamber of Commerce.

Founded by Dr. Linnea Terranova, a compassionate leader in mental health, Wellspring has spent the past decade empowering individuals, couples, and families through transformative therapy.

The event took place March 13 at Wellspring's office at 9829 Blue Larkspur Lane, Suite 2, Monterey.

Since its founding in 2015, Wellspring Psychological Services has been dedicated to breaking barriers in mental health care by providing personalized, evidence-based therapy.

"As a woman in leadership, this moment is about more than just celebrating a business milestone—it's about honoring resilience, empowerment, and the transformative impact of mental wellness," says Terranova. "Over the last 10 years, our mission has been to help people reclaim their strength, rewrite their stories, and break free from the limitations of their past. This event is not just about looking back—it's about stepping boldly into the future together."

For more information, visit wellspringbranches.com or call (831) 647-8490.



More than a Meal...

Volunteer | Donate | Advocate

How can Meals on Wheels Salinas Valley help you?





To qualify for our home-delivered meal program, you must be:
60 years old+ | Salinas Valley resident | Homebound | Unable to shop or cook
Visit mowsalinas.org to begin the intake process.

If you're looking for volunteer opportunities, we could use:
Delivery drivers (in your car) | Congregate meal servers | Warehouse helpers
Visit mowsalinas.org to complete an application.

Meals on Wheels Salinas Valley | www.mowsalinas.org
534 Abbott Street | Salinas, CA 93901 | tel: 831.758.6325



MODERNEYES OPTOMETRY

ACCEPTING NEW PATIENTS

**IMMEDIATE APPOINTMENTS
AVAILABLE**

**At Modern Eyes Optometry,
Dr. Maureen Hong, O.D.**
and her team is dedicated to
providing high-quality eye care
for the whole family.
Personalized care with
modern technology.

*Proudly serving the Monterey
Peninsula for 20 years*

**550 Camino El Estero, Suite 205
Monterey, CA 93940**
www.moderneyesmonterey.com

**CONTACT US TODAY TO
SCHEDULE AN APPOINTMENT**
(831) 641-7848
www.moderneyesmonterey.com