

THE MIND MATTERS NEWSLETTER



Hello from your friends at the CMHRC!

SAVE THE DATE!

In partnership with community providers, we are hosting our very first Mental Health and Wellness Community Day on July 20, 2024, from 1 - 4 PM at Martin Luther King Jr. Middle School. Bring the whole family!

COMMUNITY PARENTING CLASS

Free Parenting Classes for Families with Trauma

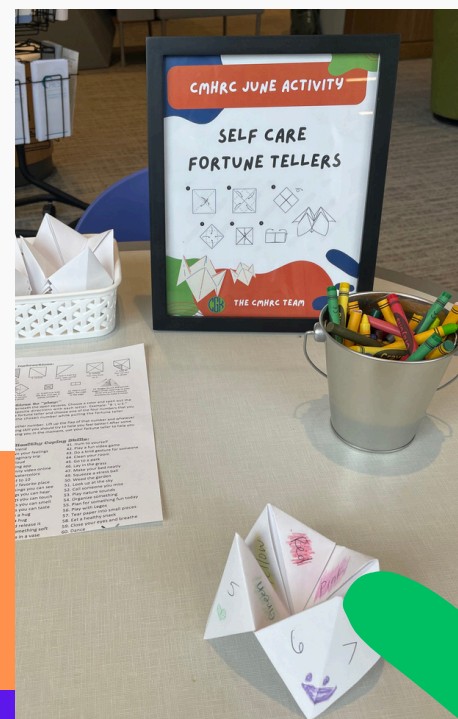


Chats with the CMHRC: The cool Clinicians at the Virginia Treatment Center for Children proudly hosted a free parenting class for the community, and guess what? They're planning more throughout the year! These sessions spill the beans on evidence-backed tips for caring for kiddos who've been through tough times.

OUR MINDFULNESS CORNER

June's Mindfulness Activity:

At the center this month, patients have the opportunity to make their own self-care fortune tellers with coping skills and ideas for self-care activities. Come make one and play with a friend!



A HUGE THANK YOU TO CKG!

For the Hand-Decorated Pillow Cases for the amazing Patients at VTCC



Join the Cameron K. Gallagher Mental Health and Wellness Community Day on July 20, 2024, from 1-4 pm for a community celebration promoting support, resilience, and well-being. Enjoy live music, performances, food trucks, activities, and a book bag drive to support students in need of school supplies for the 2024-2025 school year. Register children for supplies, and they must be present for pick-up.

SCAN ME



SIGN UP FOR OUR FREE MENTAL HEALTH & WELLNESS COMMUNITY DAY!

