



Empowering Individuals and Strengthening Communities

## May is Mental Health Awareness Month



## Thank you for your support!

EveryMind is grateful for partners like Montgomery Parks, Montgomery County Council, and all of our sponsors that make community mental health, wraparound services, and suicide prevention a priority through supporting EveryMile for EveryMind.

Thank you to our EveryMile for EveryMind Sponsors:

Silver Level:



Jeffrey & Stephanie  
Holtzman



Bronze Level:

Karen Barker

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Unite Us

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**There's still time to join the fun!**



**EveryMile for EveryMind**

Join your family & friends in a walk  
for mental health!

 **MAY 1-31**



Get involved with EveryMind's month-long fundraiser campaign to walk at a different Montgomery Parks' trail and at trails in Northern Virginia, Washington DC, and Prince George's County throughout May.

Join us to raise funds for mental health awareness, reduce stigma, and demonstrate the positive effects of physical health on mental wellness!

[Register to walk](#)

[Fundraise Now](#)

[Sponsor Walker](#)

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## Lt. Governor Aruna Miller & Sikh Kid 2 Kid





EveryMind presented a workshop at the Casey Community Center in Gaithersburg for Sikh Kid 2 Kid, a volunteer youth-run organization. The presentation focused on creating a safe space for dialogue and conversation with youth on how important wellbeing is, especially mental health. Youth from Sikh and neighborhood communities shared their stories of mental health while learning ways to embrace "It's okay not to be okay." Guest of Honor Lt. Governor Aruna Miller gave opening remarks.

### Asian and Pacific Islander Mental Health Resources

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## Round Up with Call Your Mother Deli!





EveryMind is honored to be **Call Your Mother Deli's** Round Up Partner this month! Stop by any **Call Your Mother Deli** location for breakfast and lunch during May and round your order up to the nearest dollar to show your support for community mental health.

Check out all the other Call Your Mother Deli locations in MD, DC, and VA [HERE](#).

## Nourish Yourself and the Community

**The bag  
that keeps  
on giving.**



**Buying this bag gives us \$1.**

**Shopping with this bag saves the environment.**

**Giving this bag shows how much you care.**



**Community Bag Program**

[GIANTFOOD.2GIVELocal.COM](http://GIANTFOOD.2GIVELocal.COM)

We'll receive \$1 for every purchase of this \$2.50 Community Bag at our local Giant Food during our selected month.

During May, EveryMind will receive \$1 from every \$2.50 Community Bag sold at:

**Giant Food**

- 42 Arlington Road, Bethesda MD

- 625 Hungerford Drive, Rockville MD
- 300 H Street NE, Washington, DC

Stop by any of these stores to support our work!

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## We Are Hiring!



Come join the team at [EveryMind](#), recently recognized as one of **Bethesda Magazines 2022 Top Places to Work!** We offer a positive workplace culture, a competitive compensation package, and great lifework balance.

Currently hiring for:

1. Homeless Diversion Specialist
2. Coordination Center Manager *\*New Position*
3. SSI/SSDI Outreach, Access, and Recovery (SOAR) Case Manager
4. Marketing Coordinator *\*New Position*
5. Bilingual Mental Health Therapist

Learn more about these and other ways to join the EveryMind team!

[Apply Here](#)

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## Need Help/Support/Resources?

Call or Text: 988 or 301.738.2255

Chat: [Every-Mind.org/chat/](https://www.everymind.org/chat/)

ServingTogether Veteran Peer Navigator: 1.855.738.7176

Sign-up for the EveryMind newsletter.

EveryMind. | 301.424.0656 | [Every-Mind.org](https://www.everymind.org)

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