



Empowering Individuals and Strengthening Communities

Preparing to Return to School

As summer winds down, we are prepping for a return to school and, for many, a return to in-person work at the office. Events in the news and the changing landscape of the pandemic have given us real reasons to feel an incredible range of mixed emotions.



Excitement for our children to return to critical social settings. Anxiety for their safety. Relief for some normalcy. Yearning to provide our children with the tools they need to thrive.

EveryMind is here to support you and your children. Reach out to us for supportive listening and resources, including trainings to identify signs of mental health distress in your kids, yourself, and your loved ones.

Please share our hotline information with your children and teens. Many have anxieties about returning to school after nearly 18 months away, and we are here for them, too.

EveryMind Hotline

Call or Text: 301.738.2255

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

New Board Leadership

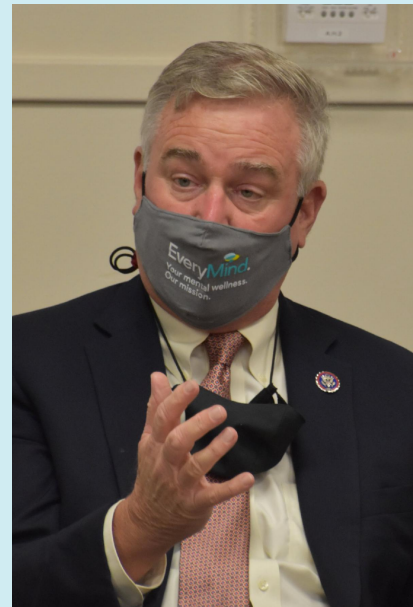


We begin our new fiscal year with a change in Board Leadership. After serving as President of EveryMind's Board of Directors for 6 years and through incredible growth in our services, **Kathleen McCallum** is stepping down to join our Board Executive Committee. All of us at EveryMind are so thankful to Kathy for her years of dedication to our mission and her relentless championing of mental health awareness and accessibility throughout our region, as well as her steadfast support of our staff and volunteers. We look forward to continuing our work with Kathy in her new role!

We are also happy to announce that **Robert King** has taken the helm as our new Board President. Bob first joined the Board over 4 years ago and previously served as both Secretary and Treasurer. Having spent over 30 years at The World Bank, and after providing executive management, transition, and board development consulting for numerous non-profits, Bob brings a unique perspective to his role. EveryMind is excited to experience continued growth and innovation under his leadership in the coming years.

Congressman Trone Visits EveryMind

On August 16th, **Congressman David Trone (District 6)** and his team visited the offices of EveryMind. Frontline staff members from EveryMind's programs (Youth and Family Counseling, Homeless Outreach Services, ServingTogether, and Crisis Prevention and Intervention Services) discussed the trends they've seen over the past 18 months, challenges faced by their clients, and the necessary resources needed to fully service our clients and community in the future. We look forward to working with his office to address the mental health and wellness needs of our clients and community throughout Maryland and the National Capital Region. We are thankful for Congressman Trone's on-going efforts to highlight the importance of mental wellness in our communities and his steadfast support of the work we do.



ServingTogether's Three Year In Practice Review

with

The Institute for Veterans
and Military Families at Syracuse
University (IVMF)



Tuesday, September 14th, 2021
9am to 10:30am

Please join us for this virtual event celebrating three years of working with our network providers and community organizations to change the lives of military, veterans, and their families in the National Capital Region and Central Maryland Region. The keynote speaker this year will be **Kaleth Wright**, a 32-year Veteran of the United States Air Force and currently serving as CEO of the Air Force Aid Society.

Your attendance and participation are crucial in helping us to build and expand our network. We hope you can join us!

[Register Now](#)

EveryMind In The Community

ServingTogether.
Connecting Veterans.

A program of  EveryMind.

Affiliated with **AmericaServes**

ServingTogether, Booz Allen Hamilton, and the Northern Virginia Regional Commission are hosting the third virtual:

Military and Community DEI Listening Session

on **September 16th** at 7:00pm

Are you a Military Spouse or Veteran that has experienced discrimination within the workforce? Have you been overlooked for a position? ServingTogether would like to hear your story.

If you would like to learn more, reach out to **Aimee Stoddard** at astoddard@every-mind.org.

* A Zoom link will be provided once a Veteran or Spouse commits to joining us.

**This is a closed event to maintain the security and safety for those sharing stories.

FREE Movie Screening of *Angst*



Virtual Screening

followed by a Panel Discussion moderated by Dr. Debra Bright,
Associate Dean of Student Success and Rockville Student Affairs
Montgomery College

September 30th, 2021
6:30 -- 8:00pm

Panelists:

Elise Resnick, *Mental Health Therapist*, EveryMind

Ned Johnson, *Author*, The Self-Driven Child

Nasser Katende Katamba, *Student*, Montgomery College

Register TODAY

Presented by:



SHaW Center for Success

Student Health and Wellness Center for Success
Nourishment for the Mind, Body and Spirit

in partnership with **EveryMind**

Strolls for Well-Being at Brookside Gardens

Brookside Gardens is thrilled to announce the fall debut of **Strolls for**

Well-Being, an evidence-based program that promotes emotional healing through focused time spent in the natural world. This eight-week individually paced program is a balm for anyone who is struggling with difficult questions, suffering from stress or trauma, or otherwise seeking greater peace and fulfillment in their life.



Participants complete 12 walks, on their own schedule, in various areas of Brookside Gardens and journal about their experience in a book with photos and writing prompts that will be provided to all registrants.

For more information on available sessions see [Cultivate Magazine](#) (pages 6 and 15)

[Register HERE](#)

Gear Up with [MD Lax Bros!](#)



Aidan and Brendan Kalinock lost their dad in June 2018. Lacrosse kept the brothers active and helped them heal. Two years later they created a company and decided to donate a percentage of sales to help support others going through a hard time. And so, **MDLAXBROS** Company was born. Aidan, a graduate of Rockville High School and Brendan, an 11th Grader at Rockville High School, run the company and create cool lacrosse apparel.

They have chosen to **donate 20% of their MDLAXBROS Company's profits to EveryMind**. They have also included EveryMind's link on their website. Read their story, check out their cool apparel, and support this wonderful company and [EveryMind](#).

Join Our Team!

EveryMind is growing to meet the increased demand for services in our community.

Learn about our open positions, share in your networks, and help us find awesome people to help



fulfill our mission!

Currently hiring for:

- **Mental Health Therapist**
- **Director, Counseling Services**
- **Administrative Program Coordinator**
- **Hotline Specialist**

And more!

[Apply HERE!](#)

Follow, Like, and Share:



Need Help/Support/Resources?

Call or Text: 301.738.2255
Chat: Every-Mind.org/chat/
ServingTogether Veteran Peer Navigator: 1.855.738.7176

[Sign-up](#) for the EveryMind newsletter.

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