Come Walk EveryMile for EveryMind in May!

May is Mental Health Awareness Month and EveryMind encourages you to get outside and get moving for your physical health and mental wellbeing. Several studies have shown that being active outdoors and breathing in the fresh air can boost energy, enhance mood, and have positive effects on overall mental health.

It’s simple—just get out there and walk as much as you can for the rest of May. Walk your dog, take a stroll in your neighborhood, go on a hike with friends and family, or come join EveryMind representatives at a local park, so we can walk EveryMile for EveryMind together. We have met so many of you on the trail this month and we still have more than 10 days to go in May. Don't let Mental Health Awareness Month pass you by without taking steps on the road to wellness!

Register to Walk for FREE

There is NO COST to register. However, if you are moved to further support our mission and the people we serve, we would welcome your donation!
By giving $100 or more as a walker—or having friends/family donate a total of at least $100 in your name as a walker—you will receive our EveryMind branded Kit (with bag, t-shirt, face mask, camera slider, and lanyard).

Donate OR Sponsor a Walker

Thank you to our sponsors

- Atlantic Services Group
- Borger Management
- Goodman-Gable-Gould/Adjusters International
- Holy Cross Health
- HUB
- Jeffrey & Stephanie Holtzman/AIM
- Anne & Scott Hefter
- Deloitte
- Ledo’s Pizza Wheaton
- Sarah McKechnie
EveryMind In The Community

**Caregiver Self-Care**

Friday, May 21st
from 12:00pm to 1:00pm

Karla Najera, LMSW and Veronica Diaz, LMSW will be hosting a presentation about Self-Care geared towards Mothers, titled “Cuidar al Cuidador”. It will be hosted in Spanish on Friday, May 21st at 12:00PM -1:00PM via zoom: https://zoom.us/s/98837719497

This presentation will be addressing common stressors, normalizing stress responses, providing common coping strategies, as well as introducing a self-care routine. If you have any clients that you feel may benefit from this presentation, please feel free to pass this flyer along and refer them to EveryMind's Adult Counseling services.

Join the Presentation HERE

Hoja de Información en Español

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**ServingTogether Regional Expansion**

Central Maryland Veterans Collaborative
Launched on Tuesday, May 11th

Thanks to the support of the Harry and Jeanette Weinberg Foundation, EveryMind’s ServingTogether program is pleased to announce that our care-coordination services and unique collaborative model have expanded into Baltimore City, Anne Arundel, Baltimore, Harford, and Howard Counties.

Celebrate with us and watch our launch presentation to learn more about the resources, programs, and trainings open to all Central Maryland Service Members, Veterans, and their Families.

Launch Presentation
Did you miss the event?

EveryMind's Town Hall on Supporting Your College Student’s or Young Adult’s Mental Wellness During the Pandemic

with opening remarks from Councilmember Craig Rice

Watch it here or on our FaceBook page @EveryMindInc.

Watch our Mental Health Town Hall

Resources

Did you know that Suburban Hospital offers a wide variety of classes and programs throughout the year to help you maintain a healthy lifestyle?

From cancer support to diabetes education to fitness programs, we have classes, seminars and support groups just for you.

Visit events.suburbanhospital.org for the full schedule of programs and events, and subscribe to WellWorks to receive bi-weekly updates on upcoming virtual health and wellness classes.

Suburban Hospital EVENTS

ASIAN AMERICAN AND PACIFIC ISLANDER MENTAL HEALTH RESOURCES
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:

- Development Associate
- Division Director
- Mental Health Therapist
- And more!

Be Our Ambassador

If you know anyone who needs a listening ear, or is in crisis, refer them to us via

Hotline: 301.738.2255.
Chat: www.everymind.org/chat/
Text: 301.738.2255
For cutting edge news and articles on mental health issues and initiatives, follow us on social media, like, and share our content.

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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