



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
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- Sarah McKechnie

EveryMind In The Community

EveryMind.
Your mental wellness.
Our mission.

Free Presentation in Spanish for mothers

Caregiver Self-Care

Do you wish to improve your wellbeing with self-care?

Date: May 21, 2021

Time: 12 PM - 1 PM est

Link: <https://zoom.us/j/98837719497>

Presenters: Veronica Diaz, LMSW y Karla Najera, LMSW

For more information contact: Karla Najera, LMSW

301.424.0656 x513 Knajera@every-mind.org



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/j/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](#)

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



**ASIAN AMERICAN PACIFIC
ISLANDER HERITAGE MONTH**

[Visit Our Resource Page](#)

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:

- **Development Associate**
- **Division Director**
- **Mental Health Therapist**

[Apply HERE!](#)

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/](https://www.everymind.org/chat/)

ServingTogether Veteran Peer Navigator : 1.855.738.7176

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

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Our mission.