
WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!



HEY, HOW ARE YOU?

Embracing Tranquility:

Embracing August: Celebrating Happiness, Empowering Businesses, and Enhancing Learning

As we step into August, we're thrilled to embark on a journey of celebration and exploration with you. This month, we shine a spotlight on Admit You're Happy Month, Black Business Month, and Children's Vision and Learning Month. Each of these observances holds significant meaning and provides opportunities for learning, growth, and community involvement.

August serves as a perfect time to reconnect with our personal goals and community initiatives. Whether you're celebrating your own happiness, championing diversity and inclusion, or investing in the future of our youth, this month is an ideal opportunity to make a meaningful impact. Let's seize the moment to support one another and create a ripple effect of joy and progress. By engaging actively in these causes, we can enhance our collective well-being and drive meaningful change in the areas that matter most to us.



Yoga Classes:

Yoga classes will be postponed until September 2024



Breathwork and Stress Reduction Techniques:

Your breath is your anchor. We explored the transformative power of breathwork and stress reduction techniques. Participants learned how to harness the breath to calm the nervous system, reduce anxiety, and cultivate inner peace.

INSTANT DOWNLOAD

[YOUR GUIDELINE FOR BREATHWORK HERE](#)



Embrace Positivity: Celebrating Admit You're Happy Month



1. Embracing Positivity

Admit You're Happy Month encourages a deep reflection on our happiness and well-being. Embracing positivity, regardless of life's challenges, can significantly impact our mental and emotional health. Studies have shown that cultivating a positive outlook can improve overall well-being, boost resilience, and even enhance physical health.

- **Positive Psychology Research:** According to research in positive psychology, individuals who actively practice gratitude and mindfulness experience higher levels of happiness and reduced stress. For example, a study published in the *Journal of Happiness Studies* found that people who engaged in daily gratitude exercises reported a 25% increase in their overall happiness levels.
- **Mindfulness and Mental Health:** Mindfulness practices can significantly affect mental health. A meta-analysis in *JAMA Internal Medicine* found that mindfulness meditation programs led to moderate improvements in anxiety, depression, and pain, suggesting that even short-term mindfulness practices can have substantial benefits.
- **Social Connections:** Research highlights the importance of social connections in fostering happiness. A report by the American Psychological Association (APA) indicates that people with strong social ties are happier and healthier. The presence of close relationships can help buffer against stress and contribute to a more positive outlook on life.

2. Resources for Happiness

To support your journey towards increased happiness, consider exploring the following resources:

- **Mindfulness Apps:** Tools like Headspace and Insight Timer offer guided meditations and mindfulness exercises designed to reduce stress and increase emotional well-being. A 2022 study published in *Frontiers in Psychology* found that participants using mindfulness apps experienced reduced symptoms of anxiety and improved mood.

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- **Podcasts:** Engaging with podcasts can provide valuable insights and practical tips on living a happier life. Notable options include:

"The Breakdown with Dr. Earl Turner" – Offers psychological insights into personal development and happiness.

"Therapy for Black Girls" – Focuses on mental health and well-being within the Black community, providing actionable advice and support.

"The Happiness Lab" – Hosted by Dr. Laurie Santos, this podcast shares research-based strategies to improve happiness and well-being.

- **Online Communities:** Online forums and social media groups dedicated to positivity can offer support and a sense of belonging. Websites like Reddit (e.g., r/happiness) and Facebook groups focused on mental well-being provide spaces for individuals to connect, share experiences, and encourage each other.

Additional Tips for Cultivating Happiness:

- **Gratitude Journals:** Keeping a gratitude journal can enhance your focus on positive aspects of life. Studies show that regularly writing down what you are thankful for can lead to increased overall happiness.
- **Physical Activity:** Regular exercise is linked to improved mood and mental health. A study published in JAMA Psychiatry revealed that individuals who engaged in physical activity had a lower risk of developing depression.
- **Acts of Kindness:** Performing acts of kindness, whether big or small, can boost your mood and create a ripple effect of positivity. Research published in Emotion journal suggests that both giving and receiving kindness are associated with increased happiness.

By incorporating these practices and resources, you can make the most of Admit You're Happy Month and pave the way for a more positive and fulfilling life. Remember, small changes can lead to significant improvements in your overall happiness and well-being. Enjoy the journey towards greater positivity!



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Celebrating Black Business Month: Honoring and Supporting Black Entrepreneurs



Celebrating Black Entrepreneurs

1. Honoring Resilience and Innovation

August is dedicated to celebrating the remarkable contributions of Black entrepreneurs. These individuals bring creativity, innovation, and resilience to the business world, enriching our communities with their unique perspectives and services. Black-owned businesses often face significant challenges, including systemic barriers and limited access to capital, yet they continue to thrive and inspire through their dedication and perseverance.

2. Supporting Economic Empowerment

To actively support Black-owned businesses, consider the following actions:

- **Shop Local:** Prioritize purchasing products and services from Black-owned businesses in your community. Supporting these businesses not only helps to drive economic growth but also fosters a diverse and vibrant marketplace.
- **Promote on Social Media:** Share your positive experiences and reviews of Black-owned businesses on social media platforms. By amplifying their visibility, you contribute to their success and help build a broader customer base.
- **Collaborate:** Look for opportunities to collaborate with Black entrepreneurs. Partnerships and collaborations can drive mutual growth, enhance community development, and strengthen the local economy.

3. Impactful Statistics

Here are some key statistics that highlight the growth and challenges faced by Black-owned businesses:

- **Business Growth:** Black-owned businesses saw a remarkable increase of 38% from 2007 to 2012, bringing the total number of such businesses in the United States to 2.6 million, according to the U.S. Census Bureau. This growth underscores the entrepreneurial spirit and resilience within the Black community.
- **Access to Capital:** Despite this impressive growth, access to capital remains a significant challenge for Black entrepreneurs. According to a 2020 report by the U.S. Small Business Administration (SBA), Black-owned businesses are more likely to face barriers when seeking loans and funding compared to their counterparts. This disparity highlights the critical need for ongoing community support and advocacy to ensure equitable opportunities for all entrepreneurs.



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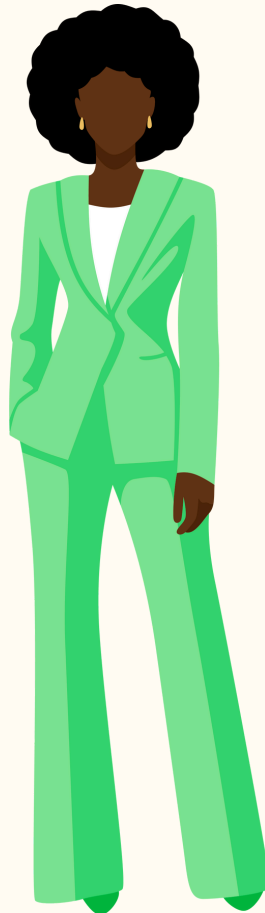
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4. How You Can Make a Difference

- **Educate Yourself and Others:** Learn about the history and contributions of Black entrepreneurs and share this knowledge with others. Awareness is a powerful tool in driving change and fostering a supportive environment.
- **Attend Events and Support Initiatives:** Participate in local events, fairs, or initiatives that highlight Black-owned businesses. Your attendance and engagement can provide valuable exposure and support.
- **Invest in Mentorship:** If you have expertise in business, consider offering mentorship or advice to Black entrepreneurs. Sharing your knowledge can help address some of the systemic challenges they face.
- **Advocate for Policy Change:** Support policies and initiatives that promote equity and access for Black-owned businesses. Advocacy can play a significant role in addressing systemic barriers and creating a more inclusive business environment.

By taking these steps, you contribute to the empowerment and success of Black entrepreneurs and help build a more equitable and vibrant economy. Let's celebrate and support the incredible impact of Black-owned businesses throughout August and beyond!



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Children's Vision and Learning Month: Enhancing Educational Success Through Healthy Eyes



Enhancing Educational Success

1. The Link Between Vision Health and Academic Achievement

August highlights the crucial connection between vision health and children's academic performance. Good vision is fundamental to learning and development. Undetected vision problems can significantly impact a child's ability to read, write, and engage effectively in the classroom. By focusing on vision health, we can help children reach their full potential academically and socially.

2. The Importance of Vision Screenings

Regular vision screenings are essential for identifying and addressing vision issues early on. Here's why they matter:

- **Early Detection:** Vision problems, such as nearsightedness or astigmatism, can be detected through routine eye exams. Early detection helps prevent potential learning difficulties and ensures timely intervention.
- **Recommended Screening Intervals:** Vision screenings are recommended at various stages of childhood, including before kindergarten, and periodically throughout school years. Regular check-ups allow for monitoring of eye health and addressing any emerging issues promptly.

3. Learning Statistics

Understanding the impact of vision on learning can underscore the importance of eye health:

- **Visual Learning:** According to the American Optometric Association, approximately 80% of what children learn in school is presented visually. This means that clear vision is crucial for absorbing and processing educational content.
- **Prevalence of Vision Problems:** Vision issues affect about 1 in 4 school-aged children. Conditions such as amblyopia (lazy eye) or strabismus (crossed eyes) can impair learning and development. Early detection and treatment can prevent these issues from negatively affecting a child's education.

4. Educational Resources

To support children's vision and learning, consider these resources:

- **American Optometric Association (AOA):** The AOA provides valuable educational materials and guidelines on children's eye health and vision care. Visit their website for resources and information on maintaining good vision.
- **Local Initiatives:** Many schools and community centers offer free or low-cost vision screenings. Check with local organizations to find out about available services in your area.
- **Parental Involvement:** Encourage parents to prioritize regular eye exams as part of their child's health routine. Early intervention is key to preventing vision-related learning difficulties.

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5. Enhancing Learning Environments

Creating an optimal learning environment can further support children's educational success:

- **Interactive Learning Tools:** Utilize educational apps and games designed to stimulate cognitive development and reinforce learning concepts. Interactive tools can make learning engaging and effective.
- **Outdoor Education:** Encourage outdoor play and exploration. Activities outside not only boost physical development but also enhance creativity and overall well-being. Nature-based learning experiences can be particularly beneficial.
- **Parent-Teacher Collaboration:** Foster strong communication between parents and educators. Sharing observations and concerns about a child's learning needs ensures that support strategies are tailored to each child's unique requirements.

By focusing on vision health and creating supportive learning environments, we can enhance children's educational experiences and outcomes. Prioritizing these aspects helps ensure that every child has the opportunity to succeed academically and thrive in their overall development.





Embrace Wellness: Local Free Events for August

Welcome to August! This month, we're excited to bring you a lineup of free local events in the DMV area focused on enhancing mental health and well-being. As we embrace the new month, discover opportunities for self-care, connection, and personal growth through enriching community gatherings, film screenings, and revitalizing outdoor activities. Whether you're looking to unwind with a movie under the stars, join a supportive writing workshop, or celebrate the new school year with family and friends, there's something for everyone to enjoy. Dive into the events below and make the most of August's wellness offerings!

1. Family and Friends Back-to-School Fair

- Date/Time: Sunday, August 25, 10am - 3pm EDT
- Location: 4922 Lasalle Road, Hyattsville, MD, USA
- Details: Enjoy a day of shopping, playing, and celebrating the new school year with activities, live performances, food, and community resources.

2. Petting Zoo Hosts Kid's and Family Festival

- Date/Time: Sunday, August 25, 12 - 6pm EDT
- Location: Shipgarten, 7581 Colshire Drive, McLean, VA 22102
- Details: A family-friendly festival featuring free face painting, arts & crafts, live music, moonbounces, an outdoor playground, and treats for dogs.

3. Films at the Stone - Little Mermaid

- Date/Time: Friday, August 16, 8pm EDT
- Location: Martin Luther King, Jr. Memorial, 1964 Independence Avenue Southwest, Washington, DC 20003
- Details: Enjoy a special screening of "The Little Mermaid" with Jack Black returning as Po in a unique film presentation.

4. Slushies and Frozen Drinks Festival

- Date/Time: Saturday, August 10, 1 - 6pm EDT
- Location: Shipgarten, 7581 Colshire Drive, McLean, VA 22102
- Details: Beat the summer heat with a variety of frozen drinks, live music, interactive games, and a fun atmosphere.

5. Yoga in the Black Community

- Date/Time: Sunday, August 4, 6pm EDT
- Location: Busboys and Poets, 5331 Baltimore Avenue, Hyattsville, MD 20781
- Details: Explore the intersection of yoga and the Black experience, with discussions on healing, resilience, and empowerment. Authors Charlene Marie Muhammad and Dr. Marilyn Peppers-Citizen will be present.

6. In-Person Writing Sessions for Women of Color Poets

- Date/Time: Saturday, August 10, 12 - 1pm EDT
- Location: The Writer's Center, 4508 Walsh Street, Bethesda, MD 20815
- Details: Monthly writing sessions for women of color poets to foster creativity and community.



Free Resources:

NAMI Maryland (National Alliance on Mental Illness)(410-884-8691):

- NAMI Maryland provides free mental health education, support groups, advocacy, and resources for individuals and families affected by mental illness. They offer programs such as NAMI Family Support Groups and NAMI Peer-to-Peer classes.

Mental Health Association of Maryland(443-901-1550):

- The Mental Health Association of Maryland offers free mental health resources, advocacy, and support services to promote mental wellness and recovery. They provide information on mental health topics, support groups, and educational programs.

Mosaic Community Services(410-453-9553):

- Mosaic Community Services is a nonprofit organization that offers free and low-cost mental health and substance use disorder services in Maryland. They provide counseling, therapy, case management, and other support services for individuals of all ages.

Maryland Coalition of Families (410-730-8267):

- The Maryland Coalition of Families is a nonprofit organization that provides free support, education, and advocacy for families of children and youth with mental health, substance use, and other behavioral health challenges. They offer support groups, workshops, and resources for families navigating the mental health system.

National Suicide Prevention Lifeline (1-800-273-8255):

- The National Suicide Prevention Lifeline is a national network of crisis centers that provide free and confidential support to individuals in suicidal crisis or emotional distress. Trained crisis counselors are available 24/7 to offer support, intervention, and resources to those in need.

Crisis Response Team (301-429-2185):

- This team likely consists of mental health professionals who are dispatched to respond to crisis situations, such as mental health emergencies or suicidal threats, in the community. They provide on-the-ground support and intervention to individuals in crisis.

Maryland Department of Health and Mental Hygiene (DHMH) Behavioral Health Administration (BHA) (410-402-8300):

- The DHMH Behavioral Health Administration oversees mental health and substance abuse services and programs at the state level in Maryland. They may provide funding, coordination, and oversight for various mental health initiatives and organizations.
- School Max has changed over to Synergy please register

Director's Corner...



Erica Coleman CPRP Founder/ Director

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." –Stephen Covey