



HEY, HOW ARE YOU?

## EMBRACING TRANQUILITY EDITION:

February Focus:  
Celebrating Self  
Wellness, Love,  
and Empowerment



Black history is a story of courage, strength, and perseverance. It is also an opportunity to spotlight mental health disparities within Black communities, where access to care has historically been limited due to systemic inequities, stigma, and a lack of culturally competent resources. This month provides a unique opportunity to encourage open conversations about wellness, dismantle harmful stigmas, and advocate for accessible, culturally competent care. It's a time to ensure that Black voices are heard, to highlight the importance of mental health, and to build a future where mental wellness is a priority for all. By supporting mental health initiatives, creating safe spaces for dialogue, and investing in resources for Black individuals, we can help reduce the mental health disparities that have persisted for far too long.

## Express Love and Kindness This Month

Love isn't just about romance; it's about fostering connection, gratitude, and kindness within your daily life. Studies show that expressing love boosts happiness, lowers stress, and strengthens relationships.

### Ways to Show Love:

- **Write a Thoughtful Letter:** A handwritten note can leave a lasting impact.
- **Spend Quality Time:** Be fully present with your loved ones—turn off distractions and engage in meaningful conversations.
- **Practice Gratitude:** Express appreciation daily by acknowledging acts of kindness.
- **Perform Random Acts of Kindness:** Buy coffee for a friend, volunteer in your community, or simply give a heartfelt compliment.
- **Check In on Friends and Family:** A simple "How are you doing?" can make a world of difference.



## Yoga Classes:

Stay on the look out for yoga dates!



## 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



# Honoring Black History and Wellness: A February Focus on Mental Health and Empowerment

This February, we celebrate Black History Month, a time to honor the contributions, achievements, and resilience of Black individuals throughout history. It is also an opportunity to spotlight mental health disparities and encourage open conversations about wellness within Black communities.

## Why Mental Health Awareness Matters:

*Can you tell me why every time I step outside I see my n\*ggas down Ooh, I'm letting you know That it ain't no gun they can make that could kill my soul*  
-J. Cole

## I. Increasing Access to Culturally Competent Care

- **Training and Certification for Mental Health Providers:** A major challenge in mental health care is the lack of professionals who understand the unique cultural experiences of the Black community. More mental health professionals should be trained in cultural competence, which includes understanding how race, identity, and historical trauma affect mental health. Programs like **Therapy for Black Girls** and **Therapy for Black Men** are vital in ensuring people of color receive tailored mental health services. Additionally, creating scholarships or loan forgiveness programs for Black students pursuing degrees in mental health could help diversify the field.
- **Telehealth Options:** For people who may not have local access to culturally competent care, telehealth options are a game changer. Platforms that offer therapy via video or phone call can help connect Black individuals with the mental health professionals they feel most comfortable with.
- **Faith and Spirituality:** For many Black individuals, faith and spirituality are an integral part of life. Churches, mosques, and other faith-based organizations can be powerful allies in mental health. Faith leaders can be trained in mental health first aid, and faith communities can offer support systems that help people deal with personal struggles and mental health challenges, all while integrating their cultural and spiritual needs.
- **Local Resource Centers:** Community-based mental health resource centers that offer counseling, wellness programs, support groups, and mental health screenings can create a safety net for those who might not seek out formal therapy. These centers should be culturally relevant, emphasizing empowerment and resilience in the face of adversity.



# Continued...

## 3. Addressing the Impact of Historical Trauma

- **Healing from Historical Trauma:** The impact of centuries of slavery, segregation, and systemic racism continues to affect the mental health of Black communities today. This trauma manifests as chronic stress, anxiety, depression, and mistrust of institutions. Offering programs that help individuals understand the link between this trauma and their mental health is essential. Workshops and therapy that specifically address racial trauma, microaggressions, and ongoing systemic racism can empower individuals to heal and thrive despite these burdens.
- **Trauma-Informed Care:** It's crucial for mental health professionals working with Black individuals to understand trauma-informed care. This means that therapists and counselors should be aware of how trauma affects behavior, emotions, and interactions. They should create a healing environment where people feel safe, supported, and understood, rather than re-traumatized.
- **Promoting Resilience:** Emphasizing community strength, culture, and resilience helps counteract the weight of trauma. Programs focusing on historical and cultural pride, storytelling, and reconnecting with cultural roots can be a form of collective healing.

## 4. Encouraging Open Conversations and Mental Health Education

- **Media Campaigns:** Normalizing mental health conversations through media is essential for breaking the stigma surrounding therapy and mental illness in Black communities. Social media, podcasts, documentaries, and movies can all play a role in shifting the narrative around mental health.
- **Educational Programs:** Offering mental health literacy programs in schools and workplaces helps destigmatize seeking help. These programs should emphasize emotional intelligence, stress management, and coping mechanisms in ways that resonate with Black culture and lived experiences. Schools could also integrate mental health education into their curricula to equip students with the tools they need to cope with life's challenges.
- **Insurance and Affordability:** A significant barrier to accessing mental health care is the cost. Many Black individuals are uninsured or underinsured, which makes it harder to seek help. Advocating for better access to mental health care through insurance reforms and sliding scale payment options is essential. Community health centers can also be an affordable option for those who are uninsured.
- **Advocating for Policy Change:** Now more than ever—ensuring that policies at the local, state, and national levels support equitable access to opportunities is key. This includes advocating for affordable housing, equitable education, and financial systems that do not disproportionately disadvantage Black communities.
- **Government and Non-Profit Support:** Government-funded mental health programs that specifically target under-served communities can provide relief for Black individuals who are disproportionately affected by poverty and systemic inequities. Non-profits and community organizations focused on mental wellness can also provide free or low-cost therapy, support groups, and wellness resources.



# More Tips And Resources:

## 6. Workplace and School Support

- **Workplace Mental Health Programs:** Employers can play a significant role by implementing wellness programs that specifically address the mental health needs of Black employees. These could include mental health days, on-site counseling, and stress reduction workshops. Training managers to recognize signs of mental health struggles and to offer support can create a more empathetic workplace environment.
- **School-Based Counseling and Mental Health Resources:** Schools can provide culturally relevant counseling services that address the unique challenges faced by Black students, such as microaggressions, racial discrimination, and the mental health implications of living in marginalized communities. Peer mentoring programs, where older students support younger students with emotional or mental health challenges, can also be helpful.

## 7. Building Supportive Networks

- **Family Support:** Mental health support should also involve families. Educating family members about mental health challenges, offering strategies for supporting loved ones, and fostering open communication within families can help reduce the burden on individuals seeking care. Family therapy or community family-based support programs can be especially beneficial.
- **Social Media and Online Communities:** Online communities can serve as vital sources of support, especially for individuals who might not feel comfortable seeking help in person. Groups on platforms like Instagram, Twitter, or private Facebook groups can offer a space to connect with others who share similar experiences, share coping mechanisms, and build a sense of solidarity.



## Engage and Learn:

- The Journal of Black Psychology and other academic journals regularly publish studies on the intersection of race, trauma, and mental health, focusing on how systemic racism and historical trauma affect the mental health of Black communities.
- Example research: Bryant-Davis, T., & Ocampo, C. (2005). The trauma of racism: A model for understanding the psychological effects of racial trauma. The Journal of Black Psychology, 31(2), 175-198.
- Attend local events celebrating Black resilience and mental health awareness.
- Support Black-owned wellness businesses and mental health initiatives.

Read books such as The Unapologetic Guide to Black Mental Health by Dr. Rheeda Walker to understand the importance of mental health advocacy in Black communities.



# Black History Month Spotlight: August Rose Health Center

As we celebrate Black History Month, we take this opportunity to honor Black-owned businesses that are making a meaningful impact in their communities. This month, we proudly spotlight August Rose Health Center, a Black-owned healthcare agency based in Glen Burnie, Maryland, dedicated to providing compassionate, high-quality care for individuals and families.

## A Commitment to Holistic Wellness

Founded with a mission to enhance access to quality healthcare, August Rose Health Center focuses on mental health, primary care, and wellness services that prioritize culturally competent care. Understanding the disparities in healthcare access and treatment for Black communities, the center works to bridge these gaps by providing personalized, inclusive, and patient-centered services.

## Why Their Work Matters

Access to affordable, culturally aware healthcare is essential in addressing health disparities that disproportionately affect Black communities. August Rose Health Center plays a vital role in:

- Reducing healthcare barriers by offering accessible and comprehensive medical and mental health services.
- Providing culturally competent care that acknowledges the unique experiences of Black individuals.
- Advocating for mental wellness and helping to break the stigma surrounding mental health in Black communities.

## How You Can Support August Rose Health Center

- Book an Appointment: If you are in or near the Glen Burnie area and seeking quality healthcare, consider August Rose Health Center for your wellness needs.
- Spread Awareness: Share their mission with family, friends, and colleagues to ensure more people know about their services.
- Follow and Engage: Stay connected by following them on social media and amplifying their work in the community.
- Support Black-Owned Healthcare Businesses: Investing in Black-owned healthcare providers strengthens community health and ensures better health outcomes for all.

This Black History Month, let us celebrate August Rose Health Center for its dedication to health, healing, and empowerment. Visit their [website](https://www.embracingtranquility.com) to learn more or schedule an appointment today.



[WWW.EMBRACINGTRANQUILITY.COM](https://www.embracingtranquility.com)

# American Heart Month: Prioritizing Cardiovascular Health



February is recognized as American Heart Month, a time to raise awareness about heart disease, its risk factors, and the ways we can take proactive steps to protect our hearts. Heart disease remains the leading cause of death worldwide, but the good news is that 80% of heart disease cases are preventable with healthy lifestyle changes. According to the Centers for Disease Control and Prevention (CDC), nearly half of all adults in the U.S. have some form of cardiovascular disease. This highlights the urgency of taking action to prevent and manage heart disease.

While genetics can play a role in heart disease, lifestyle choices have a significant impact on cardiovascular health. Preventative care is key to lowering your risk and maintaining a strong, healthy heart. Here's how:

## I. Move More: The Power of Physical Activity

Regular exercise is one of the most effective ways to prevent heart disease, high blood pressure, and stroke. Engaging in at least 150 minutes of moderate-intensity exercise per week (or 75 minutes of vigorous exercise) helps:

- Strengthen the heart muscle
- Improve circulation and oxygen flow
- Lower blood pressure and cholesterol levels
- Reduce stress and inflammation



### • Ways to Get Active:

- Take brisk walks after meals
- Ride a bike instead of driving short distances
- Try yoga or stretching for flexibility and stress relief
- Dance to your favorite music for a fun cardio boost
- Even small amounts of daily movement—such as standing more, stretching, or taking the stairs—can add up over time!

## 2. Eat Smart: Fueling Your Heart with Nutrition

- A heart-healthy diet can reduce cholesterol, regulate blood pressure, and prevent obesity—all major risk factors for cardiovascular disease.

### • What to Eat for a Strong Heart:

- Fruits & Vegetables: Rich in fiber, antioxidants, and essential vitamins that promote heart health
- Healthy Fats & Omega-3s: Found in fish, avocados, nuts, and olive oil—help reduce inflammation and lower cholesterol
- Whole Grains: Brown rice, quinoa, oats, and whole wheat bread aid in digestion and heart function
- Lean Proteins: Skinless poultry, beans, tofu, and fish help maintain muscle strength without excess saturated fat
- Stay Hydrated: Drinking enough water helps maintain healthy circulation and blood pressure

### • Foods to Limit:

- Processed & Fried Foods: High in unhealthy fats that raise cholesterol
- Sugary Beverages & Desserts: Excess sugar can lead to weight gain and diabetes, both linked to heart disease
- Excessive Salt: High sodium intake contributes to high blood pressure
- Making small, sustainable changes to your eating habits can lead to big improvements in your heart health over time!

# Continued...

## 3. Manage Stress: Protecting Your Heart from Emotional Strain

- Stress can take a physical toll on the heart, leading to high blood pressure, inflammation, and unhealthy coping habits like overeating or smoking. Long-term stress increases the risk of heart attacks and strokes.
- **Ways to Reduce Stress:**
  - Practice Mindfulness & Deep Breathing—Meditation and deep breathing exercises help calm the nervous system
  - Engage in Hobbies You Enjoy—Creative outlets like painting, writing, or music can reduce stress levels
  - Spend Time in Nature—Walking outside, gardening, or simply enjoying fresh air can be therapeutic
  - Stay Connected—Strong relationships and social support play a vital role in reducing stress and promoting heart health

**Prioritizing mental wellness is just as important as maintaining physical health. A balanced mind leads to a healthier heart!**

## 4. Quit Smoking & Limit Alcohol: Reducing Harmful Habits

- Smoking is a major risk factor for heart disease—it damages arteries, reduces oxygen flow, and raises blood pressure. If you smoke, quitting is one of the best things you can do for your heart. There are many smoking cessation programs and support groups available to help.
- Limit Alcohol Consumption – Excessive drinking can raise blood pressure, increase triglyceride levels, and lead to weight gain. If you consume alcohol, do so in moderation—the American Heart Association recommends no more than one drink per day for women and two for men.

## 5. Know Your Numbers: Regular Screenings for Early Detection

- Routine heart health screenings are crucial for early detection and prevention. Stay on top of:
  - Blood Pressure—High blood pressure is a silent killer—get checked at least once a year
  - Cholesterol Levels—LDL (bad cholesterol) can clog arteries, while HDL (good cholesterol) helps remove plaque buildup
  - Blood Sugar (Glucose) Levels—High glucose levels may indicate diabetes, which increases heart disease risk

**Tip:** Many pharmacies, clinics, and community centers offer free blood pressure and cholesterol screenings during American Heart Month.

## 6. Resources for Heart Health:

- American Heart Association (AHA):
  - The American Heart Association offers valuable resources on heart disease prevention, diet planning, fitness tips, and virtual support groups. They also provide free heart health toolkits to help individuals take proactive steps toward a healthier lifestyle.... [AHA Toolkits](#)
- **Heart-Healthy Recipes & Meal Planning:**
  - Looking for nutritious, easy-to-make meals? The AHA provides a collection of heart-healthy recipes that make eating well simple and delicious. Find Heart-Healthy Recipes Here [AHA Heart Healthy Recipes](#)
- **Support Groups & Virtual Resources:**
  - Living with heart disease or managing risk factors can feel overwhelming, but you're not alone. The AHA provides virtual support groups and forums where individuals can connect, share experiences, and receive encouragement from others who are on a similar heart health journey.

## Take Charge of Your Heart Health This Month!

Prevention is the best medicine when it comes to cardiovascular disease. By making small, mindful lifestyle changes, you can significantly reduce your risk and improve overall well-being.

This American Heart Month, take time to prioritize your health, encourage your loved ones to do the same, and spread awareness about the importance of heart disease prevention. Your heart works hard for you—so show it some love and care!



# National Teen Dating Violence Awareness Month: Promoting Healthy Relationships

Teen dating violence is a serious issue that affects one in three adolescents in the U.S. annually. Abuse in teenage relationships can take many forms, including emotional, physical, verbal, and digital harassment. The cycle of abuse can lead to long-term emotional distress, low self-esteem, and difficulty forming healthy relationships later in life.

With Valentine's Day approaching, discussions around love, respect, and boundaries become even more important. While the holiday is often associated with romance, it is also an opportunity to emphasize the importance of healthy, respectful relationships—whether romantic or platonic.

## Recognizing Signs of an Unhealthy Relationship

It can be difficult for teens to identify unhealthy behaviors, especially when controlling or toxic behaviors are mistaken for love or devotion. The following signs indicate red flags in a relationship:

- **Excessive Control:** A partner who frequently checks in, dictates what to wear, or isolates their significant other from friends and family. This may start subtly but can escalate into extreme possessiveness and manipulation.
- **Manipulation & Threats:** Using guilt, fear, or intimidation to control a partner's decisions. Phrases like "If you really loved me, you would..." or "I'll hurt myself if you leave me" are warning signs of emotional abuse.
- **Physical or Sexual Coercion:** Any form of unwanted physical contact, aggressive behavior, or pressure to engage in activities against one's will is abuse. This includes pressuring a partner into sexual activity, non-consensual touching, or using force.
- **Digital Harassment:** Technology can be used as a tool for control. Demanding passwords, constantly checking social media activity, or sending threatening messages are signs of digital abuse.
- **Extreme Jealousy & Possessiveness:** While some may view jealousy as a sign of love, excessive jealousy and attempts to control who someone talks to or spends time with are indicators of an unhealthy dynamic.
- **Blaming & Gaslighting:** A toxic partner may minimize, deny, or shift blame onto their significant other, making them feel at fault for the abuse. Phrases like "You're too sensitive" or "You made me do this" are classic gaslighting techniques.
- **Love-Bombing & Guilt Trips:** Overwhelming a partner with excessive affection, gifts, or attention early in the relationship and later using guilt to manipulate them into staying.

Valentine's Day is often a time when teens express their affection for their partners, but it is also a moment to emphasize that love should never come at the cost of safety, comfort, or well-being. Here are ways to use this holiday to encourage positive, healthy relationships:

- **Encourage Open Conversations:** Parents, educators, and peers should initiate non-judgmental conversations about dating, consent, and boundaries. Creating a safe space where teens feel comfortable discussing their relationships can help prevent abusive situations.
- **Define What Healthy Love Looks Like:** True love is built on mutual respect, trust, and support. A healthy relationship allows both partners to express themselves freely, maintain their independence, and feel emotionally secure.

[WWW.EMBRACINGTRANQUILITY.COM](http://WWW.EMBRACINGTRANQUILITY.COM)



# Continued...

- **Teach the Importance of Consent:** Consent applies to all aspects of a relationship—not just physical intimacy. Teens should understand that "no" always means no, and "yes" must be freely given, not pressured or coerced.
- **Empower Teens to Set Boundaries:** Everyone has the right to establish personal boundaries in a relationship. Encourage teens to speak up when they feel uncomfortable and to respect their partner's boundaries as well.
- **Promote Self-Love & Friendship:** Valentine's Day is not just about romantic relationships—it is also a great time to celebrate self-love and strong friendships. Encourage teens to appreciate themselves and the healthy relationships in their lives, rather than feeling pressure to be in a romantic relationship.

## How You Can Help

Educators, parents, and community members play a crucial role in preventing teen dating violence and fostering positive relationship values.

- **Educate Teens About Consent, Boundaries, and Respect**
  - Schools should implement relationship education programs that teach students about healthy vs. unhealthy relationships, communication skills, and conflict resolution.
  - Parents and guardians should model respectful relationships and talk openly about red flags in dating.
  - Encourage students to wear orange on February 14th in honor of National Teen Dating Violence Awareness Month.
- **Encourage Teens to Reach Out for Support**

Many teens experiencing dating violence may feel ashamed, afraid, or uncertain about where to turn for help. Providing safe, judgment-free support can help them take the first step in seeking assistance.

- **Provide Access to Resources**

There are many confidential, free resources available for teens experiencing relationship abuse. Share these with your community:

- Love Is Respect – A national resource dedicated to empowering teens in abusive relationships. Text LOVEIS to 22522 or call 1-866-331-9474.
- The National Domestic Violence Hotline – Available 24/7 for anyone in need of immediate assistance: 1-800-799-SAFE (7233).
- Break the Cycle – A nonprofit focused on ending teen dating violence through advocacy, resources, and legal assistance.

## Final Message: Love Should Never Hurt

As we recognize National Teen Dating Violence Awareness Month, it is important to remember that true love uplifts, supports, and empowers. Every teen deserves a relationship that is built on respect, equality, and kindness. By raising awareness, providing education, and offering support, we can help create a world where teen dating violence is no longer a reality.

This Valentine's Day, let's celebrate not just love, but healthy love—because love should never hurt.

# Embrace Wellness: Local Free Events for February

Welcome to February! This month, we're excited to bring you a variety of free local events in the DMV area, offering opportunities to connect with your community, support important causes, and enjoy family-friendly activities.

## 1. History in Her Hands Exhibit

- Dates: Multiple dates throughout February 2025
- Times: 10:00 AM - 2:00 PM
- Location: Darnall's Chance House Museum
- An exhibit highlighting women's contributions to history

## 2. MCPS Countywide Dance Showcase 2025

- Date & Time: Friday, February 7, 2025, 7:00 PM
- Location: James Hubert Blake High School
- A showcase of dance performances by students from Montgomery County Public Schools.

## 3. HoCo Open 2025 and Chroma Exhibits

- Dates: Ongoing through February 1, 2025
- Location: Howard County Center for the Arts
- Description: Annual salon-style exhibit showcasing local artists, alongside "Chroma," featuring abstract works.

## 4. Astro Adventure

- Date & Time: Saturday, February 8, 12:00 PM - 4:00 PM
- Location: Maryland Science Center
- Participate in some celestial activities, from astronaut training to collecting space samples.

## 5. Heart Smart Cooking Demonstration

- Date & Time: Wednesday, February 5, 6:00 PM - 7:00 PM
- Location: Virtual, [Link to Register](#)
- Get a head start on your wellness goals in the New Year! Join us for a virtual cooking demonstration and discover how to prepare nutritious meals for the entire week, so you can avoid the hassle of cooking every day.



[WWW.EMBRACINGTRANQUILITY.COM](http://WWW.EMBRACINGTRANQUILITY.COM)





# 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



# Maryland Programs Addressing Hunger and Homelessness



## Maryland Food Bank

The Maryland Food Bank is a statewide nonprofit that provides millions of pounds of food to residents in need every year. It works with more than 1,200 community organizations, including food pantries, soup kitchens, and shelters. Programs include:

- **Mobile Pantries:** Delivering food directly to underserved areas across the state.
- **School Pantry Program:** Offering nutritious food to children and families at over 40 schools in Maryland.
- **SNAP Outreach:** Assisting residents in applying for the Supplemental Nutrition Assistance Program to access nutritious food.

## 2. Moveable Feast

Moveable Feast provides nutritious meals and grocery items to individuals facing serious health challenges, such as HIV/AIDS, cancer, and diabetes, in Maryland. This program not only helps reduce food insecurity but also addresses the specific dietary needs of individuals with chronic illnesses. Volunteers are central to Moveable Feast's operations, helping prepare, package, and deliver meals throughout the state.

## 3. Maryland Department of Housing and Community Development (DHCD)

The Maryland DHCD provides several programs aimed at preventing homelessness and supporting affordable housing initiatives. Key programs include:

- **Emergency Solutions Grants (ESG):** Funding for emergency shelters, rapid rehousing, and homelessness prevention.
- **Rental Assistance Programs:** Offering financial support to low-income residents, including the Section 8 Housing Choice Voucher Program.
- **Housing Opportunities for Persons with AIDS (HOPWA):** Providing housing support to individuals with HIV/AIDS.

## 4. Homeless Persons Representation Project (HPRP)

The Homeless Persons Representation Project offers free legal services to people experiencing homelessness or those at risk of homelessness in Maryland. HPRP assists with issues like eviction prevention, public benefits access, and veteran's benefits. Their work is essential for protecting the legal rights of homeless individuals and families.

## 5. Health Care for the Homeless (HCH)

Health Care for the Homeless in Baltimore provides medical, mental health, and substance abuse services to homeless individuals. HCH's approach emphasizes integrated care, addressing both physical and mental health needs alongside housing services. They also provide case management to help individuals find stable housing and other community support.

## 6. Project PLASE (People Lacking Ample Shelter and Employment)

Based in Baltimore, Project PLASE provides transitional and permanent housing to homeless individuals, especially those with complex medical or behavioral health needs. They also offer support services, including job training, mental health counseling, and case management, to help residents gain stability and self-sufficiency.

## 7. Montgomery County Coalition for the Homeless (MCCH)

The Montgomery County Coalition for the Homeless works to reduce homelessness in Montgomery County by providing housing, advocacy, and supportive services. MCCH's programs include:

- **Safe Havens and Permanent Housing Programs:** For individuals with chronic homelessness or severe mental health needs.
- **Housing Stabilization Services:** To prevent individuals and families from becoming homeless.
- **Veteran Housing:** MCCH provides resources specifically tailored to veterans experiencing homelessness.

## 8. Baltimore City's Mayor's Office of Homeless Services (MOHS)

- The Mayor's Office of Homeless Services in Baltimore City is responsible for coordinating homeless outreach, housing programs, and resource distribution. MOHS works closely with local shelters, nonprofits, and community programs to deliver essential services such as:
- **Street Outreach:** Connecting people with shelters, healthcare, and support.
- **Permanent Supportive Housing Programs:** Offering stable housing and case management services to chronically homeless individuals.
- **Family Stability Programs:** Providing support for families facing homelessness or housing instability.

# Maryland Domestic Violence Resources:

## Maryland Network Against Domestic Violence (MNADV)

- Phone: 1-800-634-3570
- Website: [mnadv.org](http://mnadv.org)
- Provides information, support, and a directory of local service providers for victims of domestic violence.

## Maryland Coalition Against Sexual Assault (MCASA)

- Phone: 1-877-988-7800
- Website: [mcasa.org](http://mcasa.org)
- Offers support and resources for sexual assault survivors, including those experiencing domestic violence.

## Crisis Intervention Services

- Phone: 1-800-322-4043 (available 24/7)
- Provides immediate support and crisis intervention.

## Local Shelters and Services:

- Montgomery County:
  - Phone: 240-777-4195
  - Website: [montgomerycountymd.gov](http://montgomerycountymd.gov)
- Prince George's County:
  - Phone: 301-883-7870
  - Website: [pgcmls.info](http://pgcmls.info)
- Baltimore City:
  - House of Ruth Maryland
  - Phone: 410-828-6390
  - Website: [houseofruth.org](http://houseofruth.org)

## National Domestic Violence Hotline

- Phone: 1-800-799-SAFE (7233)
- Website: [thehotline.org](http://thehotline.org)
- Connects Maryland residents to local services.

## Legal Aid Bureau

- Phone: 1-877-261-8807
- Website: [mdlab.org](http://mdlab.org)
- Provides free legal assistance for protective orders and other legal matters related to domestic violence.



# 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**