

#26 March 2026



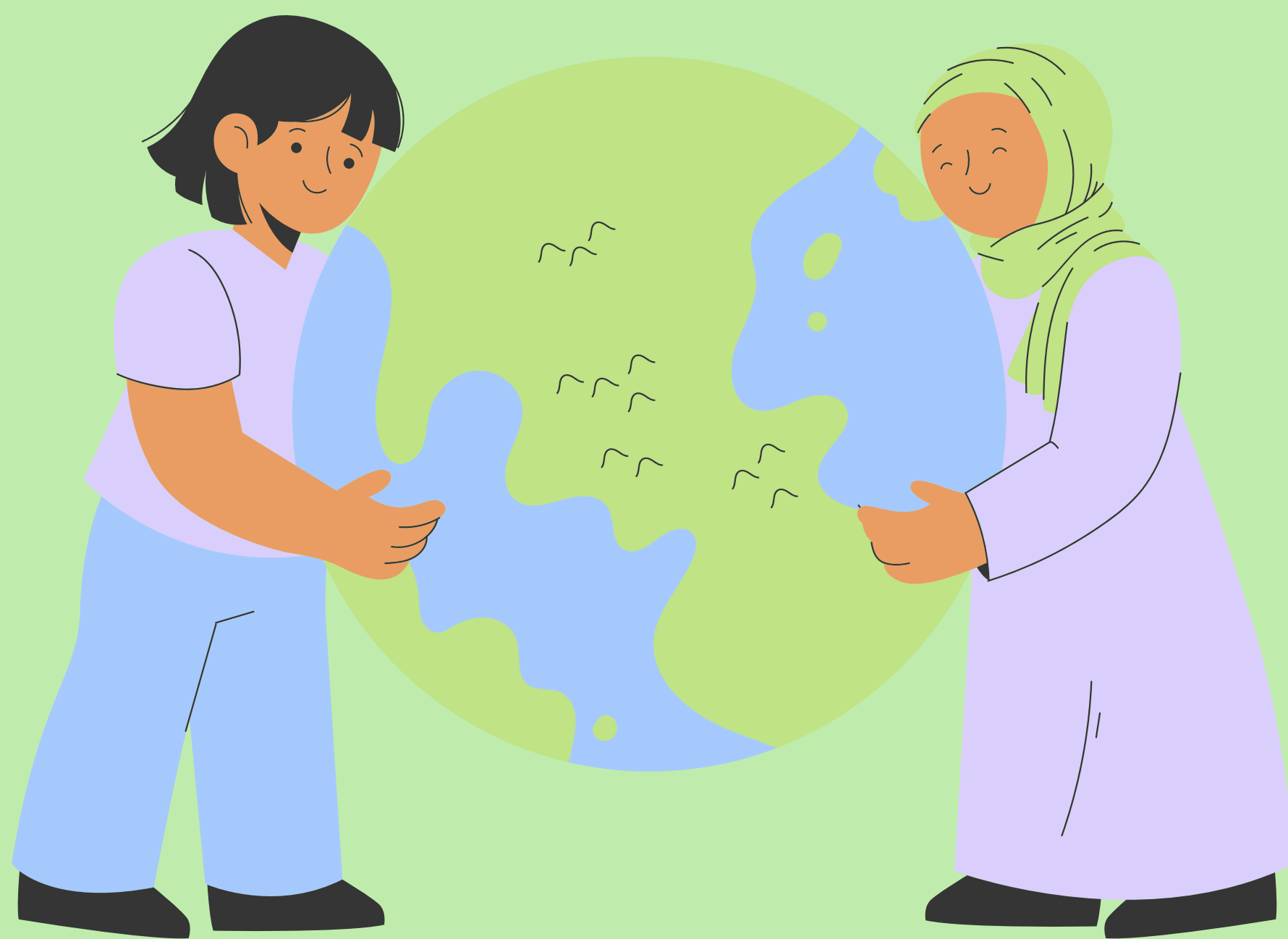
Embracing Tranquility
Presents: Women's History
in



Embracing Tranquility Behavioral Health LLC
Developing your peace and positivity to achieve Tranquility

Acknowledging Women's History

WOMEN'S HISTORY MONTH IS HONORED EVERY MARCH TO RECOGNIZE THE HISTORICAL AND ONGOING CONTRIBUTIONS OF WOMEN TO SOCIETY. IT GREW OUT OF EARLY EFFORTS IN THE LATE 1970S TO CREATE A DEDICATED WEEK CELEBRATING WOMEN'S ACHIEVEMENTS, WHICH EXPANDED INTO A FULL MONTH TO BETTER REFLECT THE DEPTH AND BREADTH OF WOMEN'S IMPACT ACROSS TIME.



WOMEN HAVE PLAYED ESSENTIAL ROLES IN SHAPING SCIENCE, GOVERNMENT, EDUCATION, CULTURE, AND SOCIAL CHANGE – OFTEN WITHOUT RECOGNITION EQUAL TO THEIR CONTRIBUTIONS. WOMEN'S HISTORY MONTH INTENTIONALLY BRINGS THOSE STORIES FORWARD SO THEY BECOME PART OF MAINSTREAM UNDERSTANDING OF HISTORY, NOT SIDE NOTES.

Notable Women in History

HARRIET TUBMAN



SUSAN B ANTHONY



ROSA PARKS



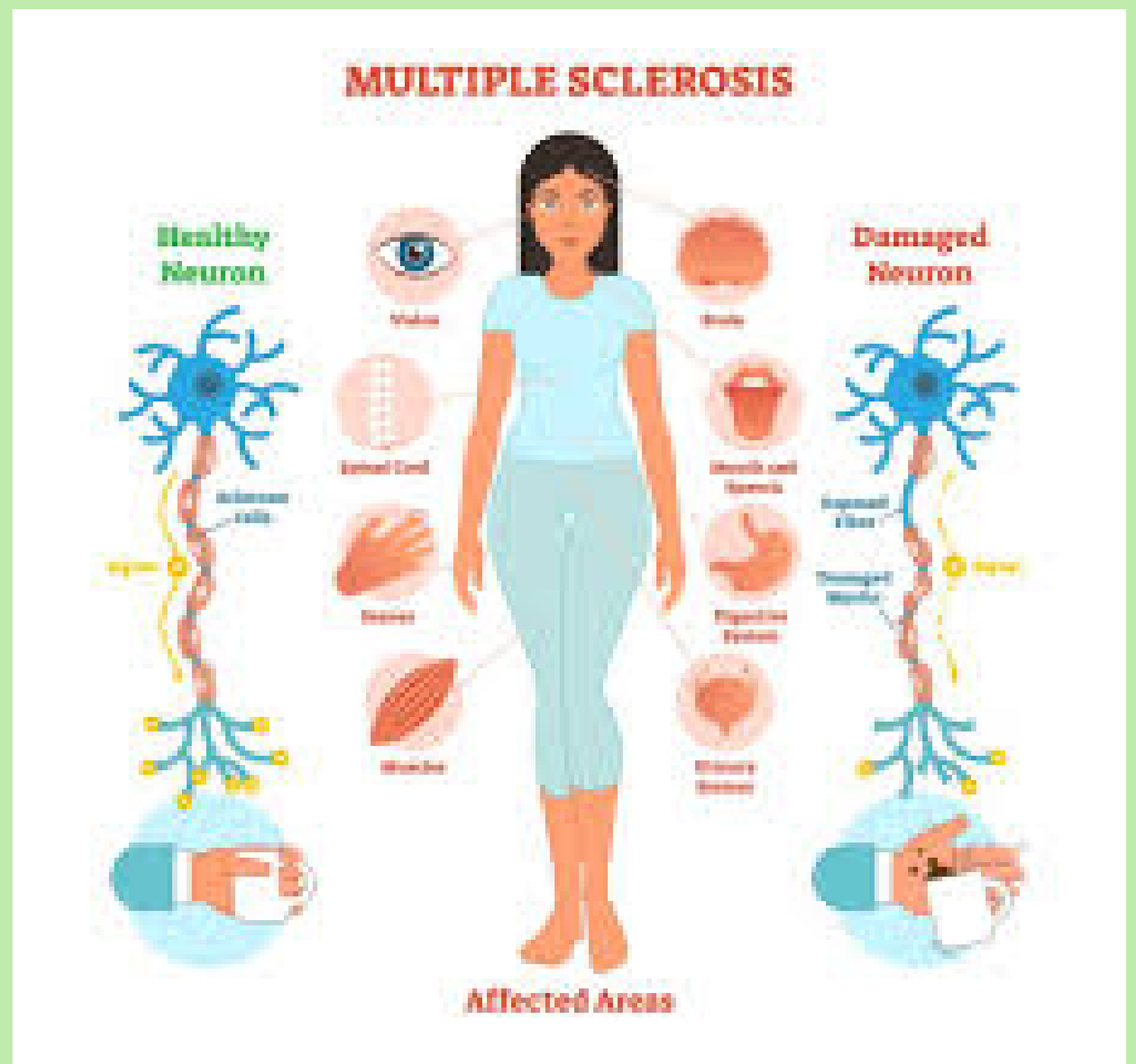
MADAM CJ WALKER





Multiple Sclerosis Awareness

MULTIPLE SCLEROSIS (MS) IS A CHRONIC CONDITION THAT AFFECTS THE BRAIN AND SPINAL CORD BY DISRUPTING COMMUNICATION BETWEEN THE NERVOUS SYSTEM AND THE BODY. BECAUSE SYMPTOMS CAN BE INVISIBLE OR VARY WIDELY, MANY PEOPLE DON'T UNDERSTAND WHAT THOSE LIVING WITH MS EXPERIENCE. AWARENESS HELPS REDUCE MISCONCEPTIONS AND STIGMA.



THE MONTH HIGHLIGHTS THE REAL-LIFE CHALLENGES OF MANAGING FATIGUE, MOBILITY CHANGES, COGNITIVE DIFFICULTIES, AND DAILY UNCERTAINTY. INCREASED AWARENESS ENCOURAGES EMPATHY, COMMUNITY SUPPORT, AND ACCESSIBILITY IN SCHOOLS, WORKPLACES, AND PUBLIC SPACES.

Endometriosis Awareness Month

ENDOMETRIOSIS HAPPENS WHEN TISSUE SIMILAR TO THE LINING OF THE UTERUS GROWS OUTSIDE IT, WHICH CAN LEAD TO SIGNIFICANT PAIN AND OTHER HEALTH CHALLENGES. MANY PEOPLE DON'T RECOGNIZE THE SYMPTOMS OR MAY DISMISS THEM, SO AWARENESS HELPS PEOPLE TAKE CONCERNS SERIOUSLY.



IT OFTEN TAKES YEARS FOR MANY INDIVIDUALS TO RECEIVE A DIAGNOSIS BECAUSE SYMPTOMS CAN BE MISTAKEN FOR OTHER ISSUES. AWARENESS HELPS PEOPLE RECOGNIZE WARNING SIGNS SOONER AND SEEK MEDICAL EVALUATION. THE CONDITION CAN AFFECT DAILY ACTIVITIES, SCHOOL OR WORK ATTENDANCE, AND EMOTIONAL WELL-BEING. AWARENESS PROMOTES EMPATHY, VALIDATION, AND COMMUNITY SUPPORT SO PEOPLE DON'T FEEL ALONE.



Developmental Disabilities Awareness Month



THE MONTH EMPHASIZES THAT PEOPLE WITH DEVELOPMENTAL DISABILITIES ARE VALUABLE MEMBERS OF THEIR COMMUNITIES WHO DESERVE EQUAL OPPORTUNITIES IN EDUCATION, WORK, AND SOCIAL LIFE. AWARENESS HELPS REDUCE STIGMA AND ENCOURAGES RESPECTFUL UNDERSTANDING.

DEVELOPMENTAL DISABILITIES CAN AFFECT LEARNING, COMMUNICATION, MOBILITY, OR DAILY LIVING SKILLS. MANY PEOPLE ARE UNFAMILIAR WITH WHAT THESE DISABILITIES INVOLVE, SO AWARENESS HELPS OTHERS BETTER UNDERSTAND DIVERSE ABILITIES AND NEEDS. ADVOCACY DURING THIS MONTH FOCUSES ON ACCESS TO SERVICES, COMMUNITY RESOURCES, AND ENVIRONMENTS THAT ALLOW INDIVIDUALS TO LIVE AS INDEPENDENTLY AS POSSIBLE. IT REMINDS SCHOOLS, WORKPLACES, AND COMMUNITIES TO CREATE SUPPORTIVE ENVIRONMENTS WHERE EVERYONE CAN PARTICIPATE FULLY



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

Local Hunger and Homeless Programs

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
- 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
- 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

Prince George's County

- Phone: 301-883-7870
- Website: pgcmls.info

Baltimore City

- House of Ruth Maryland
- Phone: 410-828-6390
- Website: houseofruth.org

National Domestic Violence Hotline

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

Legal Aid Bureau

- Phone: 1-877-261-8807
- Website: mdlhb.org
- Provides free legal assistance for protective orders and other legal matters related to domestic violence.



Director's Corner



Celebrating HERSTORY

March is a month where we honor women's history, but this year, I want to invite you to think about it a little differently. Instead of history, let's call it HERSTORY—because every woman has a story, and every story matters.

Each woman's journey is unique, shaped by the choices she makes, the challenges she overcomes, and the love and care she gives along the way. Your story—your HERSTORY—doesn't have to be monumental to be meaningful. It may be the lessons you've passed to your children, the support you've given a friend in need, the advocacy you've shown in your community, or the courage you've displayed in your own life. Every act of intention, every moment of resilience, every step forward contributes to the tapestry of HERSTORY.

Think about the women who inspire you—the mentors, the family members, the friends, the trailblazers you read about in textbooks. Each of them has curated a life intentionally. And the same is true for you. HERSTORY is not measured by fame or recognition—it is measured by impact. The impact you have, whether big or small, ripples through the lives around you.

This Women's History Month, take a moment to honor your HERSTORY. Reflect on the challenges you've faced, the victories you've celebrated, and the ways you've influenced others. Share your story. Celebrate other women's stories. Recognize that every story—every woman—shapes the world in meaningful ways.

Because history isn't just something written in books—it's lived, felt, and remembered.

Your life, your choices, your courage—that's HERSTORY. And it matters.

Let us honor every woman who has gone before, walk alongside those creating change today, and continue to inspire the women of tomorrow. This month, and every month, celebrate HERSTORY.