



HEY, HOW ARE YOU?

EMBRACING TRANQUILITY EDITION:

Honoring Women's History and Elevating Awareness



March is a time to elevate awareness, foster compassion, and honor the resilience of individuals and communities. As we celebrate National Women's History Month, we recognize the extraordinary contributions of women throughout history — trailblazers who have shaped societies, led movements, and paved the way for future generations. This month also serves as a vital opportunity to raise awareness for critical health and social issues, including Self-Injury Awareness, Endometriosis, Multiple Sclerosis, and Social Work. By amplifying these important causes, we not only honor the strength and perseverance of those affected but also promote education, empathy, and action. Let's come together to embrace knowledge, uplift voices, and champion change — celebrating the impact of women while advocating for healthier, more supportive communities for all.



Yoga Classes:

Stay on the look out for yoga dates!



inhale
exhale

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](#)





Self-Injury Awareness Day (March 1)

A day to break the stigma surrounding self-harm, promoting understanding and encouraging those struggling to seek help. It's a time to recognize the importance of mental health, compassion, and creating safe spaces for open dialogue. Self-injury often stems from emotional distress, and awareness can make a profound difference in supporting those affected.

Ways to Support:

- **Educate Yourself and Others:** Share resources on mental health, self-injury, and coping strategies.
- **Check In with Loved Ones:** Sometimes, a simple "How are you really feeling?" can open the door to meaningful conversations. Let friends and family know you're there to listen without judgment.
- **Wear Orange:** The color symbolizes hope and awareness. Wearing orange or adding a ribbon to your outfit can be a small yet powerful way to show solidarity.
- **Share Stories and Testimonials:** Personal narratives can inspire and foster understanding. Whether it's on social media or within your community, stories of resilience can help others feel less alone.
- **Support Local Mental Health Organizations:** Donate, volunteer, or participate in events that promote mental health resources and suicide prevention efforts.
- **Practice and Promote Healthy Coping Mechanisms:** Encourage activities like journaling, art, physical movement, or mindfulness practices as alternatives for emotional release.

Tips for Coping:

- **Create a Coping Box:** Fill it with comforting items like photos, stress balls, or notes of encouragement.
- **Use Grounding Techniques:** Try the 5-4-3-2-1 method to connect with your surroundings.
- **Develop a Safety Plan:** List emergency contacts and calming strategies to turn to during difficult moments.





National Women's History Month

Celebrating the achievements and contributions of women throughout history, this month is a time to recognize the impact women have made across every sphere of life — from science and politics to art and activism.

A vibrant mosaic of powerful women who have shaped history. Sojourner Truth's bold advocacy for abolition and women's rights echoed through history, while Simone de Beauvoir's groundbreaking philosophy in *The Second Sex* laid the foundation for modern feminist thought, and Rosa Parks' courageous act of resistance sparked the Civil Rights Movement. Mary Bowser, a former enslaved woman who became a spy for the Union Army during the Civil War, risked her life for freedom and equality. Michelle Obama's leadership inspired generations to break barriers, while Gloria Steinem's tireless journalism and activism, along with Audre Lorde's powerful poetry, shaped feminist discourse. Tarana Burke's Me Too movement gave voice to survivors of sexual violence. Wangari Maathai's Green Belt Movement empowered women and protected the environment. Ellen Johnson Sirleaf made history as Africa's first female elected head of state, while Frida Kahlo's art boldly celebrated identity and womanhood. Indira Gandhi, the first female Prime Minister of India, reshaped her country's political landscape, and Tina Turner's resilience became a beacon for women overcoming adversity. Maya Angelou's poetry and wisdom uplifted voices of resilience. These women's contributions, in diverse fields, continue to inspire us all to strive for justice, equality, and empowerment.





Why Women's History Awareness Matters:

- **Addressing the Impact of Historical Inequality**

- **Healing from Generational Inequality:** The effects of systemic discrimination, lack of access to education, and workplace bias continue to shape women's experiences today. Programs that help women understand the historical context of their struggles can empower them to advocate for change.
- **Creating Safe and Supportive Spaces:** It's essential to foster environments where women feel valued and heard. This includes workplaces with equitable policies, schools with gender-inclusive curriculums, and community groups that uplift women's voices.
- **Promoting Resilience and Strength:** Emphasizing the resilience of women throughout history — from suffragettes to modern-day activists — can inspire collective healing and progress. Programs that celebrate cultural pride and storytelling can be powerful tools for connection and empowerment.

- **Encouraging Open Conversations and Gender Equality Education**

- **Media Campaigns:** Normalizing conversations about gender equality through social media, documentaries, podcasts, and public art can challenge stereotypes and shift public perception.
- **Educational Programs:** Introducing women's history and gender studies into school curriculums promotes early awareness. Workshops on consent, leadership, and financial literacy can equip girls with tools to navigate societal challenges.
- **Policy Advocacy:** Supporting legislation that promotes equal pay, reproductive rights, and workplace protections is crucial for lasting change. Encouraging community involvement in policy discussions can amplify the push for equality.

- **Amplifying Women's Voices and Stories**

- **Representation in Media:** Increasing representation of women in leadership roles, storytelling, and decision-making positions helps shape a more inclusive narrative.
- **Community Storytelling Events:** Hosting events where women share personal experiences and historical insights can foster connection and inspire collective action.
- **Supporting Women-Led Initiatives:** Backing nonprofits, businesses, and creative projects led by women contributes to economic empowerment and sustainable change.

Tips for Advocacy:

- **Mentor Young Women:** Sharing knowledge and support can inspire future leaders.
- **Amplify Voices:** Use your platform to share stories of women past and present.
- **Support Women-Owned Businesses:** Contribute to economic empowerment by consciously supporting women entrepreneurs.

By promoting awareness, encouraging representation, and supporting initiatives for equality, we can honor not just women's history but every woman, every day of the year.

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Workplace Equity Programs

Employers have a crucial role in fostering gender equity in the workplace. Some strategies they can implement include:

- **Leadership Development Programs for Women:** Many women still face barriers to leadership roles, often due to systemic biases or the lack of mentorship opportunities. Providing leadership development programs can prepare women to assume higher positions and make meaningful contributions to organizational growth.
- **Paid Family Leave:** Offering paid parental leave for all employees, not just maternity leave, helps ensure that men and women have equal opportunities to take care of their families. This policy also helps reduce the stigma surrounding men taking parental leave, contributing to a more balanced division of labor in households.
- **Harassment Prevention Training:** Creating a safe work environment is crucial for ensuring that employees, especially women, do not face harassment or discrimination. Regular training and a clear, enforceable policy can foster respect and equity in the workplace.
- **Flexible Work Policies:** Flexible work schedules, remote work options, and job sharing can provide the flexibility women often need to balance career and family responsibilities, helping them advance without sacrificing personal obligations.

School-Based Gender Advocacy

Schools are pivotal in shaping attitudes towards gender equality. Key programs and initiatives might include:

- **Gender Equality Workshops:** These workshops can explore topics such as unconscious bias, the importance of diversity, and the history of gender inequality. Creating a culture of understanding in schools helps young people recognize the importance of gender equity in all aspects of life.
- **Peer Mentoring Programs:** Peer mentorship can have a significant impact, particularly for young girls. Connecting girls with older mentors or peers in similar fields of interest can help them navigate challenges and develop confidence in their abilities.
- **Confidence-Building Activities:** Workshops or group activities focused on self-esteem, leadership, and public speaking can provide girls with the tools they need to overcome gender stereotypes and feel empowered to take on leadership roles in their schools and communities.
- **Inclusive Curriculum:** Schools can ensure that their curricula represent women's contributions throughout history, promoting diverse female role models across subjects such as science, politics, and the arts. This helps young girls see themselves reflected in those areas.

Building Supportive Networks

- **Family and Community Support:** Gender equity starts at home. Families can foster an environment where equality is valued by:
 - **Educating Families on Gender Equality:** Ensuring parents understand the importance of gender equality in all spheres of life, from household chores to career opportunities, can help reshape societal norms.
 - **Intergenerational Storytelling:** Sharing stories of strong women, both past and present, across generations can inspire younger generations and strengthen family bonds while promoting advocacy.
- **Online Communities:** Virtual spaces such as Facebook groups, Reddit threads, and online forums dedicated to women's issues provide powerful platforms for connection and support. They can serve as places to share resources, seek advice, discuss challenges, and foster solidarity among women from diverse backgrounds.



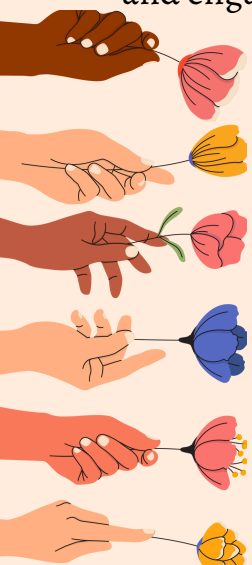
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Engage and Learn

- **Academic Journals and Research:** Gender studies journals like *Signs: Journal of Women in Culture and Society* or *Feminist Studies* provide valuable research and insights into women's roles in society, challenges they face, and strategies for advancing equality. Staying informed through such publications helps individuals and organizations to advocate more effectively for change.
- **Attend Local Events:** Engaging with your community through local events such as women's history exhibits, panel discussions on gender equality, and workshops focused on women's empowerment fosters a deeper understanding of the struggles and achievements of women. These events also provide opportunities for networking and activism.
- **Support Women-Led Initiatives:** Investing in women-led businesses, nonprofits, and grassroots movements is a powerful way to support women globally. From supporting female entrepreneurs to championing women's rights organizations, these efforts help amplify women's voices and create sustainable change.

Recommended Reads for Further Understanding and Advocacy

- **"Women, Race & Class" by Angela Davis:** This book offers an intersectional analysis of the feminist movement, exploring how race, class, and gender intersect and shape the experiences of women in the United States.
- **"The Moment of Lift" by Melinda Gates:** Melinda Gates explores how empowering women can lift entire communities and shares inspiring stories from her work at the Gates Foundation.
- **"The Second Sex" by Simone de Beauvoir:** A foundational feminist text, this book examines the historical and cultural construction of women's roles, offering a profound critique of patriarchy.
- **"We Should All Be Feminists" by Chimamanda Ngozi Adichie:** A powerful essay that adapts Adichie's TEDx talk, urging readers to embrace feminism as a means to create a more just and equal world.
- **"Bad Feminist" by Roxane Gay:** This collection of essays challenges readers to embrace feminism in all its complexities, and Gay's honest and humorous voice makes it an accessible and engaging read for anyone interested in the movement.



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Breaking the Silence: The Urgent Need for Endometriosis Awareness

Endometriosis Awareness is an important cause dedicated to raising awareness about endometriosis, a chronic medical condition that affects millions of women worldwide. Endometriosis occurs when tissue similar to the lining of the uterus grows outside of the uterus, causing pain, inflammation, and sometimes infertility. While it is often under-recognized and misunderstood, awareness and education about endometriosis are crucial for improving diagnosis, treatment, and support for those affected.

Understanding Endometriosis

Endometriosis affects approximately 1 in 10 women of reproductive age, yet it often takes years for a proper diagnosis due to its symptoms overlapping with other conditions, such as irritable bowel syndrome (IBS) or pelvic inflammatory disease (PID).

Common symptoms of endometriosis include:

- Chronic pelvic pain, often associated with menstrual periods, but it can occur at any time.
- Heavy menstrual bleeding or bleeding between periods.
- Pain during or after sex, which can significantly impact relationships.
- Painful bowel movements or urination during menstruation.
- Fatigue, which can interfere with daily life and overall well-being.
- Infertility, as endometriosis can cause scarring or adhesions in the reproductive organs.

However, the severity of symptoms varies greatly from person to person, and some women may be asymptomatic, making early detection more challenging.

Raising Awareness

Endometriosis Awareness efforts aim to bring attention to the physical, emotional, and social impact of the condition, and to challenge the stigma surrounding menstrual and pelvic pain. Many women live with endometriosis for years without a diagnosis because they are often told that painful periods are "normal" or that their pain is just a part of being a woman. This stigma has led to delays in diagnosis and treatment.

By increasing awareness, we can:

- Educate the public and healthcare professionals: Many medical professionals are not well-versed in endometriosis, and lack of knowledge often leads to misdiagnosis or dismissing symptoms. Awareness campaigns help to ensure healthcare providers are equipped to recognize the signs and offer appropriate care.
- Foster empathy and support: Awareness efforts help people understand that endometriosis is not just a bad period or an inconvenience, but a serious medical condition that impacts a person's daily life, relationships, and mental health. Creating a supportive environment for those living with endometriosis can provide comfort and validation.
- Promote better research: Increased visibility and funding for endometriosis research is essential for improving treatment options and finding a cure. Despite its prevalence, endometriosis research has historically been underfunded, and many women have been left without sufficient medical solutions.
- Encourage early detection and treatment: The earlier endometriosis is diagnosed, the more effective treatment options can be. Raising awareness can help shorten the time it takes for women to seek medical attention and get a proper diagnosis.



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Challenges and Advocacy

Endometriosis is still considered a "silent" illness, with many women feeling that their pain is minimized or dismissed. However, through continued advocacy, organizations like the Endometriosis Foundation of America, EndoMarch, and Endometriosis UK have been working tirelessly to provide resources, raise awareness, and support individuals with the condition. These organizations host events, provide educational materials, and fund research to help break the silence surrounding endometriosis.

Self-Care and Support

Living with endometriosis can be physically and emotionally draining. While there is no cure, treatment options like hormone therapy, surgery, pain management, and lifestyle adjustments can help manage the condition. Support networks, whether through online communities, support groups, or medical professionals, can also be a vital source of strength and guidance for those struggling with endometriosis. Additionally, women who are living with endometriosis often find solace in sharing their experiences and offering support to one another. By speaking openly about their condition, they break the stigma and help others feel seen and understood. It's crucial to have open discussions about menstrual health and pelvic pain, as these conversations can help reduce the shame that often surrounds these issues.

Why Awareness Matters

Awareness days like Endometriosis Awareness Month (observed in March) are pivotal in amplifying the voices of those affected by the condition. They help spark the necessary conversations, educate people about the realities of endometriosis, and ultimately create a more supportive environment for those impacted. By coming together as a society to raise awareness, we can work toward improved diagnoses, better care, and a future where endometriosis is no longer misunderstood or overlooked.

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Living with Multiple Sclerosis: Raising Awareness, Offering Support, and Promoting Advocacy

Multiple Sclerosis (MS) is a chronic illness of the central nervous system that affects millions of people around the world. It is an unpredictable, often disabling disease that can impact many aspects of a person's life. MS is characterized by the body's immune system mistakenly attacking its own healthy tissue, specifically the protective sheath (myelin) that covers nerve fibers in the brain and spinal cord. This process disrupts communication between the brain and other parts of the body, leading to a range of neurological symptoms that can vary significantly from person to person.

Understanding Multiple Sclerosis

MS can present itself in a variety of ways, and its progression and severity can differ widely between individuals. The exact cause of MS is still not completely understood, but it is believed to be influenced by a combination of genetic, environmental, and immunological factors. It is most commonly diagnosed between the ages of 20 and 40, and although it affects both men and women, it is more common in women.

The symptoms of MS can be diverse and vary in intensity. They may include:

- **Fatigue:** One of the most common and debilitating symptoms of MS, fatigue can be overwhelming and interfere with daily life.
- **Numbness or tingling:** MS can cause sensory changes, such as numbness or a "pins and needles" sensation, particularly in the limbs.
- **Muscle weakness:** This can affect mobility and balance, making walking difficult and potentially leading to falls.
- **Vision problems:** MS may cause blurry vision, double vision, or even partial or complete vision loss in one eye, which is often one of the first symptoms.
- **Coordination and balance issues:** Difficulty with coordination, walking, and maintaining balance is common due to nerve damage.
- **Cognitive and emotional changes:** MS can impact memory, concentration, and decision-making, while also contributing to mood changes, including depression and anxiety.

Types of Multiple Sclerosis

MS manifests in several different forms, each with its own pattern of symptoms and progression. The main types include:

- **Relapsing-Remitting MS (RRMS):** The most common form, where symptoms flare up (relapses) and then improve (remissions). People with RRMS often experience periods of recovery, but relapses can become more frequent over time.
- **Secondary-Progressive MS (SPMS):** This type often begins as RRMS but gradually progresses over time, with fewer periods of remission. In SPMS, the disease becomes steadily worse, even in the absence of clear relapses.
- **Primary-Progressive MS (PPMS):** A rarer form of MS, where the disease progresses from the outset without any distinct relapses or remissions. Symptoms steadily worsen, and there are no periods of recovery.
- **Progressive-Relapsing MS (PRMS):** This is a rare form of MS, characterized by a steady progression of symptoms along with acute relapses. Unlike RRMS, there is no period of remission.



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Impact on Daily Life

Living with multiple sclerosis can be extremely challenging, as it can affect physical abilities, cognitive function, and emotional well-being. The unpredictability of the disease makes it difficult to plan for the future, as symptoms can worsen over time or fluctuate in intensity. Many people with MS face physical and emotional struggles in managing their condition, and they often rely on support from family, friends, and healthcare providers to help them navigate the challenges.

For some, MS can lead to a loss of independence, requiring the use of mobility aids such as wheelchairs, canes, or walkers. Others may need help with daily activities, including dressing, bathing, or cooking. Cognitive changes can also interfere with work and social relationships, and mental health challenges like depression and anxiety can add to the emotional toll of the disease.

Raising Awareness for Multiple Sclerosis

Awareness campaigns for MS are crucial for educating the public about the disease, supporting those who are affected, and funding vital research. World Multiple Sclerosis Day, observed annually in May, is one such event aimed at raising awareness and supporting people living with MS.

These awareness efforts strive to:

- Increase understanding: Many people are still unaware of MS or mistakenly believe it is a disease that only affects older adults. Public education helps clarify misconceptions and fosters empathy.
- Promote early diagnosis: Early diagnosis and treatment can help manage symptoms and improve long-term outcomes. Raising awareness about the signs and symptoms of MS encourages people to seek medical attention if they experience them.
- Highlight research efforts: There is no cure for MS, but ongoing research is focused on developing better treatments, understanding the cause, and eventually finding a cure. Awareness helps secure funding for this critical research.
- Support the MS community: Awareness also helps build stronger support networks for people living with MS, encouraging solidarity and fostering connections between patients, caregivers, and advocates.

Treatment and Management of Multiple Sclerosis

While there is no cure for MS, there are several treatment options available that can help manage symptoms and slow the progression of the disease.

These treatments can be grouped into three main categories:

- Disease-modifying therapies (DMTs): These medications help reduce the frequency and severity of relapses and can slow the progression of the disease. They work by modifying the immune system to prevent it from attacking the nervous system.
- Symptom management: There are various medications and therapies available to help alleviate symptoms such as pain, muscle spasms, fatigue, and bladder problems. Physical therapy can also help with mobility and coordination issues.
- Lifestyle management: A healthy lifestyle that includes regular exercise, a balanced diet, and stress management techniques can help improve overall well-being and quality of life for those living with MS.



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How to Support Those with Multiple Sclerosis

1. Educate Yourself About MS

Understanding the nature of MS can help you provide meaningful support. Learn about the symptoms, types of MS, and treatments so you can empathize with the challenges they face. This will help you offer informed advice and avoid making assumptions about their experiences. Reliable sources include MS societies, medical professionals, and reputable websites dedicated to MS awareness.

2. Be Patient and Understanding

MS symptoms can fluctuate from day to day or even hour to hour. Some days may be better than others, and your loved one might experience fatigue, pain, or cognitive challenges. Be patient and understanding if they cancel plans or need to rest often. Respect their needs and offer a non-judgmental space for them to express their feelings.

3. Offer Practical Help

MS can impact mobility and daily functioning, making tasks like shopping, cooking, or housework more difficult. Offering to help with practical tasks can make a big difference. Some examples of helpful assistance include:

- **Grocery shopping or preparing meals:** This can be a big relief if they experience fatigue or difficulty standing.
- **Assisting with household chores:** Helping with cleaning, laundry, or organizing can reduce the burden of daily tasks.
- **Offering rides to medical appointments:** Transportation can be a challenge for someone with MS, especially if they experience mobility issues.
- **Running errands:** Sometimes taking care of smaller tasks like picking up prescriptions or mailing packages can lighten their load.

4. Provide Emotional Support

Living with MS can be isolating, especially when someone is struggling with symptoms or dealing with feelings of frustration or depression. Be a good listener, and offer a compassionate ear. Let them know that you are there to offer emotional support when needed. Sometimes, just being present, offering a hug, or letting them share their feelings without offering solutions can be incredibly comforting.

5. Encourage Participation in Social Activities

While MS can be physically limiting, it's important to help your loved one stay engaged in social activities and maintain a sense of normalcy. Encourage participation in activities they enjoy, but also be mindful of their energy levels and any mobility limitations. This might mean offering to attend events with them or suggesting low-impact activities like watching a movie together, going for a walk, or having a meal out.

6. Advocate for accessibility: MS can require accommodations, whether in the workplace or at home. Advocate for modifications to ensure environments are more accessible to those with mobility or sensory challenges.

7. Support research and awareness: Participate in fundraising efforts, raise awareness about MS, and support initiatives focused on research for better treatments and a cure.



Social Work Appreciation: The Heartbeat of Community Care



Social workers are the backbone of our communities, dedicating their lives to supporting individuals, families, and entire populations through some of life's most complex challenges. They work across diverse settings — from schools and hospitals to homeless shelters, correctional facilities, and government agencies — providing vital services that foster resilience, promote healing, and empower people to build better futures. They provide guidance, advocacy, and compassion to people navigating issues like poverty, mental health struggles, chronic illness, domestic violence, homelessness, and systemic injustice. Their work is multifaceted, encompassing not only individual support but also systemic change. Social workers advocate for those who may not have a voice, fighting for social justice and policy reform to address deep-rooted societal issues.

The Many Roles of a Social Worker

- **Mental Health and Counseling:** Providing therapy, crisis intervention, and emotional support for people facing depression, anxiety, trauma, and grief.
- **Child and Family Advocacy:** Protecting children's welfare, supporting survivors of abuse, and helping families access essential services.
- **Healthcare Support:** Guiding patients through medical diagnoses, helping them navigate healthcare systems, and connecting them to community resources, while advocating for patient rights and access to care.
- **Crisis Intervention:** Responding to emergencies like domestic violence, substance abuse crises, or homelessness, providing immediate care and long-term solutions.
- **School and Community Outreach:** Supporting students' mental health, promoting safe school environments, and addressing social issues like bullying or discrimination.
- **Policy and Social Justice Work:** Advocating for systemic changes, influencing policy reforms, and fighting for equitable access to resources for marginalized communities.

The Emotional and Mental Toll

Social work is emotionally demanding. The constant exposure to human suffering, systemic injustice, and resource limitations can lead to burnout and compassion fatigue. Yet, social workers continue to show up with unwavering compassion, persistence, and dedication — often going above and beyond their job descriptions to ensure the well-being of those they serve.

Many social workers are women, carrying forward a powerful legacy of caregiving and activism. They often work in the very spaces where issues like Multiple Sclerosis, Endometriosis, and mental health awareness intersect, helping people manage life-altering diagnoses, secure treatment, and navigate complex emotional landscapes.



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How to Support Social Workers:

- **Express Gratitude and Recognition:** Simple gestures like thank-you notes, public acknowledgments, or organizing appreciation events can uplift social workers and remind them that their labor is valued.
- **Advocate for Systemic Change:** Support legislation that improves working conditions, reduces caseloads, increases funding for social services, and prioritizes mental health care for social workers themselves.
- **Educate and Raise Awareness:** Share stories about the impact of social work, dispel harmful misconceptions, and use your voice to elevate the profession's importance.
- **Invest in Mental Health and Wellness Resources:** Push for workplace wellness programs, peer support groups, and access to mental health care for social workers, who often face burnout and compassion fatigue.
- **Support Social Work Organizations and Nonprofits:** Donate to or volunteer with organizations that aid vulnerable populations or advocate for social workers' rights and professional development.
- **Offer Personal Support:** If you know a social worker, show care in small ways — cook a meal, offer to run errands, or simply listen. Sometimes, knowing they have a support system makes all the difference.

Why It Matters:

Supporting social workers isn't just about appreciating their efforts — it's about sustaining the people who sustain our communities. When we invest in their well-being, we strengthen the entire social fabric, ensuring that the most vulnerable among us have someone in their corner.

By raising awareness for social work, we honor the countless individuals who dedicate themselves to making the world a more just, compassionate, and hopeful place — day after day, often without recognition. Their resilience, empathy, and unwavering commitment to human dignity deserve not just our respect, but our active support.





Embrace Wellness: Local Free Events for March

Welcome to March! 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. Celebrate Our 10th Anniversary at Brookside Gardens

- Dates: March 5–15, 2025
- Times: 10:00 AM – 4:00 PM
- Location: Brookside Gardens, 1800 Glenallan Ave, Wheaton, MD 20902
- Celebrate a decade of community engagement with special exhibits and family-friendly activities at Brookside Gardens.

2. Howard County Family Resource Fair 2025

- Date: March 15, 2025
- Time: 10:00 AM – 2:00 PM
- Location: Cedar Lane School, 11630 Scaggsville Rd, Fulton, MD 20759
- A fair offering resources, workshops, and services for families, especially those with children with special needs.

3. Springfest at Ellicott City Main Street

- Dates: March 28, 2025
- Time: 12:00 PM – 5:00 PM
- Location: Historic Ellicott City, 8000 Main Street, Ellicott City, MD 21043
- Description: A spring festival with live music, food trucks, vendors, and interactive activities

4. Spring Outdoor Adventure at Watkins Regional Park

- Date: March 15, 2025
- Time: 12:00 PM – 4:00 PM
- Location: Watkins Regional Park, 301 Watkins Park Dr, Upper Marlboro, MD 20774
- Description: Enjoy nature walks, scavenger hunts, playground fun, and rides at Watkins Regional Park.

5. Spring Fun at Dinosaur Park

- Date: March 21, 2025
- Time: 12:00 PM – 4:00 PM
- Location: Dinosaur Park, 1320 Old Baltimore Pike, Laurel, MD 20724
- Description: Explore a real fossil dig and learn about prehistoric creatures at Dinosaur Park.

6. Port Discovery Children's Museum – Free Community Day

- Date: March 10, 2025
- Time: 10:00 AM – 5:00 PM
- Location: Port Discovery Children's Museum, 35 Market Place, Baltimore, MD 21202
- Description: Explore hands-on exhibits, workshops, and sensory activities at Port Discovery's free community day.

7. National Aquarium – Discount Days

- Date: March 4–6, 2025
- Time: 9:00 AM – 5:00 PM
- Location: National Aquarium, 501 E Pratt St, Baltimore, MD 21202
- Description: Visit the National Aquarium and explore ocean exhibits with discounted admission.





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
- 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: 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