

---

WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*

---

HEY, HOW ARE YOU?



## Embracing Tranquility:

As we welcome the beauty of autumn, October becomes a month of awareness, reflection, advocacy, and action. This month, we focus on four vital causes: breast cancer, domestic violence, mental health, and emotional wellness. These issues impact the lives of millions, and together, we can make a difference by spreading awareness, offering support, and promoting preventative actions. Emotional Wellness Month reminds us to prioritize self-care, manage stress, and nurture our emotional health alongside these other important causes. As always, every month is an opportunity to educate, support, and advocate for change

---

## Focusing on Emotional Wellness This October...

October is recognized as Emotional Wellness Month, a time to prioritize emotional health and foster resilience. Emotional wellness is about understanding, managing, and expressing emotions in healthy ways while building the capacity to handle stress and challenges. This month encourages individuals to practice self-care, maintain positive relationships, and seek support when necessary. By focusing on emotional wellness, we can improve our mental and physical well-being, equipping ourselves to navigate life's ups and downs with greater strength and balance



## 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](#)





# Breast Cancer Awareness: The Power of Early Detection and Support



Breast cancer continues to be the most diagnosed cancer among women globally. In 2024, the American Cancer Society projects that over 297,000 new cases of invasive breast cancer will be diagnosed in U.S. women alone, with an additional 55,720 cases of ductal carcinoma in situ (a non-invasive form of breast cancer). With approximately 1 in 8 women diagnosed during their lifetime, the importance of awareness and early detection cannot be overstated.

## Screening and Prevention

Early detection is one of the most powerful tools in the fight against breast cancer. The National Cancer Institute reports that regular mammograms for women aged 40 and older can reduce breast cancer mortality by 20-30%. Early detection can catch cancer at a more treatable stage, where options like surgery, chemotherapy, or radiation therapy are more effective.

- **Mammograms:** Annual mammograms starting at age 45—or earlier if there's a family history or genetic risk—are the current standard for early detection. Women aged 40-44 should have the option to start screening earlier if they choose. It's important to talk to your healthcare provider about personal risk factors to determine the best screening schedule.
- **Self-Exams:** In addition to mammograms, women should perform regular breast self-exams to detect any unusual changes in their breasts, such as lumps, pain, or changes in size. While not a substitute for mammograms, self-exams can help women become more familiar with their bodies and notice potential problems early.

## Raising Funds for Research

While breast cancer treatment has improved significantly over the years, ongoing research is vital to finding new, more effective treatments and, ultimately, a cure. Each year, over \$3.1 billion is spent on breast cancer treatment in the U.S. alone, but more funding is needed for continued advancements in medical research.

- **Charity Events:** Fundraising events like the Susan G. Komen Race for the Cure and the American Cancer Society Making Strides Against Breast Cancer walks play a crucial role in funding research, treatment support, and awareness campaigns. These events not only raise money but also foster a sense of community among survivors, families, and advocates.
- **Where the Funds Go:** Donations help fund research into new treatments, including targeted therapies and immunotherapies. In recent years, researchers have focused on personalizing breast cancer treatment based on a patient's specific genetic makeup, increasing the likelihood of treatment success with fewer side effects.



# Continued...

## Supporting Survivors

With nearly 3.8 million breast cancer survivors in the U.S., providing emotional and practical support to those who have battled or are currently battling breast cancer is essential. Survivors often face ongoing challenges, including the risk of recurrence, side effects from treatment, and emotional stress.

- **Survivor Networks:** Getting involved with breast cancer support networks, such as Living Beyond Breast Cancer or The National Breast Cancer Foundation, can make a huge difference for survivors. These organizations provide everything from educational resources to emotional support groups where survivors can share their experiences.
- **Volunteering and Donations:** Volunteering your time or making donations to these organizations helps ensure that survivors receive the comprehensive care and support they need. Services like counseling, transportation to treatment, and financial aid for medical expenses are often provided by such organizations, easing the burden on survivors.
- **Post-Treatment Care:** Many survivors experience long-term side effects from treatment, including fatigue, lymphedema, and psychological stress. Encouraging regular checkups and participation in wellness programs—such as exercise, mindfulness, and nutrition—can significantly improve survivors' quality of life.

## Knowledge is Power

Breast cancer awareness isn't just about early detection—it's about creating a well-informed community that supports research, advocacy, and survivor care. Knowledge empowers individuals to take control of their health, whether through regular screenings, staying informed about treatment options, or supporting loved ones through their journey.

By sharing information, encouraging regular checkups, and getting involved in local events, we can all help spread awareness and provide hope to those affected by breast cancer. Every action, no matter how small, can make a lasting impact in the fight against this disease.





# Breaking the Silence: Understanding and Combating Domestic Violence in All Its Forms



Domestic violence...extends beyond physical abuse and includes emotional, sexual, psychological, and financial abuse. In addition to intimate partners, domestic violence can also occur within family relationships and even in non-intimate relationships such as roommates or caregivers. October's Domestic Violence Awareness Month encourages all of us to take action, provide support, and advocate for stronger protections.

## Intimate Partner Violence (IPV)

Intimate partner violence is a pattern of behavior where one partner seeks to control the other through various forms of abuse. This can happen in all types of intimate relationships, including dating, cohabitation, marriage, and even post-separation.

- **Statistics:** Every minute, nearly 20 people in the U.S. are physically abused by an intimate partner. 1 in 4 women and 1 in 9 men will experience severe intimate partner violence in their lifetimes.
- **Emotional and Psychological Abuse:** This form of IPV often goes unnoticed but can leave lasting scars. Emotional abuse includes verbal insults, manipulation, gaslighting, and controlling behaviors that isolate victims from their support systems.
- **Sexual and Financial Control:** Many abusers will use sex or finances as a form of control, restricting access to money or forcing sexual activity without consent. Financial abuse occurs in 99% of domestic violence cases and is one of the primary reasons victims are unable to leave abusive situations.

## Domestic Violence in Non-Intimate Relationships

While domestic violence is often associated with romantic partners, it can also occur in other close relationships, including familial ties or shared living spaces. Abuse can manifest in parent-child relationships, between siblings, or even in elder care situations where caregivers exploit or abuse their authority.

- **Family Violence:** Domestic violence is not limited to intimate relationships. It frequently occurs between family members. A toxic parent-child relationship or elder abuse situation can be equally damaging. Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse, and this statistic is expected to rise as the population ages.
- **Sibling and Parent-Child Abuse:** Abuse between siblings is another common but underreported issue. Power dynamics, jealousy, or unresolved childhood conflicts can lead to physical and emotional abuse. Similarly, children can also become victims of abusive parents or, in rare cases, may abuse their parents later in life.
- **Caregiver Abuse:** Vulnerable individuals, such as the elderly or disabled, can become victims of caregiver abuse. Caregivers may withhold food, medication, or access to necessary services. As this often happens behind closed doors, it's critical to recognize and report signs of mistreatment in caregiving situations.





# Continued...



## Non-Domestic Relationship Violence

Beyond domestic settings, violence can occur in non-intimate but close relationships, such as with roommates, co-workers, or caretakers. These relationships may involve abuse stemming from control, jealousy, or unresolved conflict.

- **Roommate Violence:** Shared living situations can be breeding grounds for violence. Roommate disputes, often arising from financial pressures, lifestyle differences, or substance abuse, can escalate into physical, emotional, or psychological abuse. Reporting such abuse is often complicated, as many victims may not recognize it as a form of domestic violence.
- **Workplace and Community Abuse:** While not always classified as domestic violence, abusive behaviors in close-knit communities—such as among co-workers or within neighborhood groups—can have similar power dynamics. Harassment, bullying, and emotional manipulation can create a toxic environment that mimics domestic abuse patterns.

## Breaking the Cycle

Regardless of the relationship type, victims of violence often face immense challenges in breaking free from abusive environments. Fear of retaliation, economic dependence, and emotional manipulation can make it incredibly difficult to leave.

- **Community Resources:** Domestic violence shelters, such as those offered through the National Domestic Violence Hotline (1-800-799-7233) or local organizations, provide temporary housing, legal support, and counseling services for victims of all types of abuse.
- **Legal Protections:** In addition to restraining orders, many states have enacted specific laws to protect victims of familial and non-intimate relationship violence, such as elder abuse laws. However, many individuals are unaware of the legal protections available to them, which is why advocacy groups are pushing for more education on legal rights for all types of abuse victims.
- **Counseling and Support Services:** Therapy and support groups are essential in helping victims rebuild their lives. These services also assist those who may still be in relationships with their abusers—whether intimate or non-intimate—and provide coping strategies until they are able to leave safely.

## How You Can Help

It's important to remember that violence within any relationship is about power and control. Whether it's intimate partner violence, family violence, or abuse in non-domestic relationships, recognizing the signs and offering support can be life-changing for victims.

- **Know the Signs:** Recognizing warning signs—such as controlling behavior, isolation, financial control, or emotional manipulation—can help you identify when someone you know may be in an abusive situation. Be sure to offer non-judgmental support.
- **Speak Up and Advocate:** Share information about resources available to victims, including shelters, hotlines, and legal assistance. Advocate for policies that strengthen protections for victims of all types of abuse, whether intimate, familial, or otherwise.
- **Encourage Open Dialogue:** Ending domestic and relationship violence starts with breaking the silence. Encourage open discussions within your community, family, or workplace about healthy relationships and the resources available to those experiencing violence.

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



# 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.







# National Depression and Mental Health Screening Month: Promoting Awareness and Access to Care

Mental health is a growing concern worldwide, with depression recognized as one of the leading causes of disability. The World Health Organization (WHO) estimates that over 280 million people suffer from depression globally. In the U.S., approximately 17.3 million adults experience at least one major depressive episode each year. Despite these staggering numbers, stigma surrounding mental health issues remains prevalent, preventing many individuals from seeking the help they need.

## The Importance of Screenings

Screening tools are vital for early detection and intervention in mental health conditions. Organizations like Mental Health America and Psychology Today offer free online screenings that help individuals identify early signs of depression and other mental health issues.

- **Benefits of Early Intervention:** Early identification can lead to timely treatment, which is crucial in improving long-term outcomes. Shockingly, nearly 60% of people with mental illnesses in the U.S. do not receive treatment, often due to a lack of awareness about available resources or fear of stigma.
- **Types of Screenings:** Various screening tools are available for different age groups and mental health conditions. These include self-assessments for depression, anxiety, PTSD, and other disorders. Engaging in regular mental health screenings can help individuals monitor their mental health over time and seek help when necessary.

## Mental Health in Youth

Depression is not solely an adult issue; it significantly affects young people as well. Rates of anxiety, depression, and suicide among adolescents have been steadily rising, making mental health a pressing concern for families and schools.

- **Statistics:** Approximately 13% of youth aged 12 to 17 in the U.S. report experiencing a major depressive episode. The increasing prevalence of mental health issues among this demographic highlights the urgent need for effective prevention and intervention strategies.
- **School and Community Programs:** Encouraging mental health screenings in schools can facilitate early identification and intervention. Schools can implement programs that provide mental health education, promote awareness, and create supportive environments where students feel safe discussing their mental health. By integrating mental health resources into the educational system, we can help destigmatize mental health issues and ensure that students receive the support they need.



# Continued...

## Access to Treatment

While mental health resources are more accessible than ever, significant barriers still hinder many individuals from receiving the care they require.

- **Barriers to Treatment:** Common obstacles include high treatment costs, limited availability of services, stigma associated with mental health issues, and a lack of education about mental health. Many people may not recognize the symptoms of depression or may feel ashamed to seek help, leading to prolonged suffering.
- **Available Resources:** Therapy, medication, and support groups can significantly improve quality of life for those suffering from depression. Resources such as community mental health centers, hotlines, and online therapy options are increasingly available to provide support.
- **Encouraging Utilization:** It is crucial to normalize conversations about mental health and promote the importance of seeking treatment. Public awareness campaigns and community programs can help individuals understand that reaching out for help is a sign of strength, not weakness.

## Moving Forward

This month presents a vital opportunity to emphasize that mental health is just as important as physical health. Regular mental health check-ins and proactive discussions about mental wellness can create a supportive community environment. By encouraging individuals to engage in screenings, seek treatment, and access resources, we can make a lasting impact on mental health awareness and support those who need it most.

Let's work together to break the stigma, promote mental health education, and ensure everyone has access to the help they deserve.



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



# Embrace Wellness: Local Free Events for October

Welcome to October! 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. Whether you're looking to experience a long-standing festival tradition, sample delicious local cuisine, or participate in events promoting awareness and advocacy, October has something for everyone. From the vibrant streets of Fells Point to the culinary delights of Bethesda, join us in celebrating the spirit of community, wellness, and fun for all ages.

## 1. Fells Point Fun Festival

- **Dates:** October 4-6, 2024
- **Location:** Broadway Square  
Broadway & Thames Baltimore, MD 21231
- **Description:** Enjoy live performances, arts and crafts vendors, kids' activities, food, and drinks at this free festival celebrating over 50 years of tradition in the heart of Fells Point.

## 2. Taste of Bethesda

- **Date:** October 5, 2024
- **Location:** Woodmont Triangle  
Bethesda, MD 20814
- **Description:** Explore nearly 50 local restaurants offering a variety of cuisines, along with live entertainment on multiple stages. Admission is free, and tickets can be purchased for food tastings.

## 3. Third Annual Domestic Violence 5K Walk & Run

- **Date:** October 5, 2024
- **Time:** 8:00 AM – 12:00 PM
- **Location:** Fairwood Community Park  
12390 Fairwood Parkway Bowie, MD 20720
- **Description:** This event raises awareness about domestic violence with a free 5K walk/run. Participants can show their support for survivors and help advocate for change.

## 4. Cub Corner: Spooky Spiders

- **Date:** October 19, 2024
- **Time:** 10:30 AM – 11:30 AM
- **Location:** 1985 Corporal Frank Scott Drive  
College Park, MD 20740
- **Description:** A fun, educational event for kids to learn about spiders in a spooky setting. Admission is free for children.



[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



## 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**