
WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!



HEY, HOW ARE YOU?

Embracing Tranquility:

Embracing Tranquility: Celebrating Awareness, Heritage, and Positive Thinking!

As we step into September, we're excited to highlight four important observances: Suicide Awareness and Prevention Month, Childhood Cancer Awareness Month, Hispanic Heritage Month, and Positive Thinking Day. Each of these observances offers meaningful opportunities to raise awareness, honor heritage, and promote positivity in our communities.

Promoting Positivity: Positive Thinking Day:

Positive Thinking Day emphasizes the benefits of maintaining an optimistic mindset, which includes improved physical health, such as a lower risk of chronic diseases and enhanced immune function, as well as greater resilience and overall life satisfaction. To practice positivity, incorporate daily affirmations, keep a gratitude journal, and surround yourself with supportive people. Additional ways to promote positivity include participating in or organizing positivity challenges, attending workshops on resilience and stress management, following positivity-focused media, creating peer support groups, and prioritizing self-care practices.



Yoga Classes:

Yoga classes restart September 14th!



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](#)



Raising Awareness: Suicide Awareness and Prevention Month



Understanding Suicide Prevention:

- **Risk Factors and Warning Signs:** Recognizing risk factors such as mental health conditions, substance abuse, and major life changes is crucial. Warning signs may include changes in behavior, withdrawal, and expressions of hopelessness. Being attentive to these signs can help in providing early intervention.
- **Importance of Support:** Creating a supportive environment where individuals feel safe to discuss their struggles is vital. Research shows that supportive relationships and mental health resources are crucial in preventing suicide and promoting mental health.

Resources and Support:

- **Crisis Hotlines:** Utilize resources like the Suicide & Crisis Lifeline (988) for immediate support and guidance. The National Suicide Prevention Lifeline offers 24/7 assistance and crisis intervention.
- **Educational Materials:** Learn more about mental health and suicide prevention from organizations such as the American Foundation for Suicide Prevention (AFSP) and the National Alliance on Mental Illness (NAMI). They offer valuable resources, toolkits, and training.
- **Community Initiatives:** Participate in local awareness events or workshops that focus on mental health and suicide prevention. Consider organizing a fundraiser or awareness campaign in your community.

Ways to Get Involved:

- **Advocacy:** Support policies and initiatives that enhance mental health services and crisis intervention programs.
- **Training:** Take a mental health first aid course to better support individuals in crisis.
- **Educational Workshops:** Host or attend workshops on mental health awareness and suicide prevention to educate and train others.
- **Community Support Groups:** Join or start support groups that provide a safe space for individuals to share their experiences and seek help.
- **Social Media Campaigns:** Create or share content that spreads awareness about suicide prevention and mental health resources on social media platforms

Honoring Resilience: Childhood Cancer Awareness Month



August is a time to raise awareness about childhood cancer, celebrating the strength of young patients and advocating for research and support.



Key Facts and Support:

- **Statistics and Impact:** Childhood cancer remains a leading cause of death among children, with over 15,000 new cases diagnosed annually in the U.S. Efforts to improve treatments and survival rates are ongoing. According to the American Cancer Society, the five-year survival rate for children with cancer has increased to nearly 85%, thanks to advancements in research and treatment.
- **Support for Families:** Providing support to families affected by childhood cancer is crucial. This includes emotional support, financial assistance, and practical help such as meal services and transportation.

How You Can Help:

- **Donate and Fundraise:** Contribute to organizations like St. Jude Children's Research Hospital, the Children's Cancer Research Fund, and the Leukemia & Lymphoma Society. These funds support research, treatment, and patient care.
- **Participate in Events:** Join or organize community events such as walks, runs, or bake sales to raise awareness and funds for childhood cancer research.
- **Volunteer:** Offer your time and skills to local hospitals or organizations dedicated to childhood cancer care and research. Volunteering can provide much-needed support and comfort to affected families.

Additional Ways to Get Involved:

- **Advocacy:** Support legislative efforts to increase funding for childhood cancer research and improved patient care.
- **Awareness Campaigns:** Organize or participate in campaigns that highlight the stories of childhood cancer survivors and raise awareness about the ongoing needs in research and support.
- **School Fundraisers:** Collaborate with schools to host fundraisers or awareness events for childhood cancer, involving students and parents in the cause.
- **Corporate Partnerships:** Partner with businesses to sponsor events or create fundraising campaigns for childhood cancer organizations.
- **Educational Programs:** Offer educational presentations or seminars in your community to inform others about childhood cancer and how they can help.

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Celebrating Heritage: Hispanic Heritage Month



Celebrating Heritage: Hispanic Heritage Month

August marks the beginning of Hispanic Heritage Month, a time to celebrate the rich culture, history, and contributions of Hispanic and Latino communities.

Celebrating Hispanic Heritage:

- **Cultural Contributions:** Recognize the significant contributions of Hispanic individuals in various fields, including arts, science, politics, and community service. Notable figures include Nobel Prize-winning author Gabriel García Márquez, civil rights leader César Chávez, and renowned artist Frida Kahlo.
- **Cultural Events:** Attend events and festivals that showcase Hispanic traditions, music, dance, and cuisine. These celebrations highlight the diverse cultural heritage and foster greater understanding and appreciation.

Get Involved:

- **Educational Resources:** Explore educational materials and resources that provide insights into Hispanic history and culture. The Library of Congress and Smithsonian Institution offer valuable resources and exhibits.
- **Support Hispanic-Owned Businesses:** Support local Hispanic businesses and entrepreneurs to strengthen the community and celebrate cultural achievements. Consider featuring them in local directories or social media.
- **Community Engagement:** Participate in or organize community events that honor Hispanic heritage and promote cultural exchange. Host cultural workshops, cooking classes, or storytelling sessions.

Additional Ways to Celebrate:

- **Language Learning:** Learn or practice Spanish to better connect with Hispanic communities and appreciate the language's rich cultural context.
- **Art and Literature:** Explore Hispanic art and literature to gain a deeper understanding of the cultural contributions and experiences of Hispanic communities.
- **Local Partnerships:** Partner with local Hispanic organizations or cultural centers to co-host events or activities that celebrate Hispanic heritage.
- **Social Media:** Use your social media platforms to share stories, achievements, and cultural insights related to Hispanic heritage.
- **Family Activities:** Engage your family in activities that celebrate Hispanic culture, such as cooking traditional dishes or attending local festivals.

Embrace Wellness: Local Free Events for September

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

1. Downtown Largo Festival

- **Date/Time:** Saturday, September 28, 11am - 6pm EDT
- **Location:** 955 Shoppers Way, Upper Marlboro, MD 20774
- **Details:** Celebrate the vibrant community spirit at the Downtown Largo Festival, featuring a variety of local vendors, entertainment, and activities for all ages.

2. Sisterhood: Women Empowering Women to Fulfill Purpose

- **Date/Time:** Friday, September 20, 7:30 - 9:30pm EDT
- **Location:** Victory Christian Ministries International, DC, 3600 New York Avenue NE, Washington, DC 20002
- **Details:** Join Pastor Cynthia Marshall and the women of Victory Christian Ministries International - DC for an empowering evening focused on purpose and community.

3. Paint and Sip in the Garden

- **Date/Time:** Saturday, September 14, 12 - 3pm EDT
- **Location:** 4222 Cottage Terrace, Brentwood, MD 20722
- **Details:** Enjoy an afternoon of painting and wine tasting:

1. **Art Instruction:** Receive step-by-step guidance from experienced painter Jasmin Williams.

2. **Relaxing Atmosphere:** Paint in a casual garden setting with light music and wine.

3. **All Supplies Provided:** Painting materials are included, and registration is required.



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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