



# Monthly Newsletter

CASA

May 2025

## CASA Happenings For the Month of May

**May 7-8<sup>th</sup>** - CASA will attend the annual FLDVC Conference.

**May 17<sup>th</sup>** - CASA is having a yard sale! Location- 1140 E Turner Camp Rd, Inverness, FL, 34453 from 9am-1pm.

**May 22<sup>nd</sup>** - CASA will have a booth at the Here to Help Event put on the sheriff's office.

### Self Care Corner

Take a short walk each day.

Lean on supportive friends.

Practice gratitude.

Set a goal to learn something new each week.

Drink water (real water...)

Declutter a small space.

## Community Happenings For the Month of April

Nine States Brewery has live music most Fridays starting at 9am.

Market at the Depot is every first and third Saturday. It's open from 9am-2pm October-February and 9am-1pm March--September.

Check out the Valerie theatre for events all through the month of April!  
<https://inverness.gov/calendar.aspx?CID=31>

The Train Station has duckpin Bowling \$5 per person per game!

Crystal River mini Golf is \$14 per person on the weekend.

Crumps Landing has live music Saturday and Sundays!  
[https://calendar.google.com/calendar/embed?src=c\\_2mpj4j3o5k6vp5p6vrm9cqgr6k%40group.calendar.google.com&ctz=America%2FNew\\_York](https://calendar.google.com/calendar/embed?src=c_2mpj4j3o5k6vp5p6vrm9cqgr6k%40group.calendar.google.com&ctz=America%2FNew_York)

## Community Partner Spotlight

Healthy Start helps those who are pregnant, those who are between pregnancies, and infants up to age 3 by providing care coordination, case management, education, and connections to other resources to promote health and wellness in parents and babies. Healthy Start staff members provide customized care to meet the unique needs of each parent or baby. Services are voluntary and provided free of charge.

This program provides:

- Education and information about having a healthy pregnancy and a healthy baby.
- Provides tobacco-free education and support
- Parenting education and support
- Breastfeeding education and support
- Women's health education and support
- Childbirth education and classes
- Providing care coordination and referrals to other agencies as needed.

**Heather Knapp**  
**Jessica Fortune**  
**Autumn Valentino**  
**Kaitlin Brunk**  
**Brenda McNabb**

## DV Fact of The Month

23.2% of women and 13.9% of men have experienced severe physical violence by an intimate partner during their lifetime

