

"What mental health needs is more
sunlight, more candor, and more
unashamed conversation."

- Glenn Close

Mental Health Awareness Month

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Whether you realize it or not, mental health plays a big role in your overall well-being. When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress. It's normal for your mental health to shift over time – we all face difficult situations in our lives. Creating positive habits is a great way to support your mental health.

Here are some things that can help maintain good mental health:

- Good Food Choices & Nutrition
- Get Plenty of Exercise
- Practice Stress management
- Get Adequate Sleep
- Learn Coping Skills
- Building a Support System

For more information you can visit [Mental Health America](#), [Mental Health.gov](#), or the [National Alliance on Mental Illness](#).

Denim Day

April 27th, 2022 was Denim Day. Denim Day is derived from a 1996 Italian Ruling in court that stated, the survivor wore tight fitting jeans and would have had to require the survivor to remove them, thus giving consent.



Following that ruling those who stand in solidarity with Survivors across the globe began to wear Denim to protest that verdict.

Our managers and advocates showed their support for Survivors by proudly wearing their denim!

Pictured left to right Kimberly-Outreach Program Manager, April-Shelter Program Manager, Natalie-Sexual Violence Advocate, Jennifer-Child Welfare Advocate, Lydia-Child Advocate, and

Chrissy-Primary Prevention Advocate.

We LOVE our community!!!!

Tim's Barber Room, Inverness

We had a great time at Tim's Barber Room, Inverness 5th Anniversary celebration!! Tim and Kari choose to celebrate by hosting a donation drive for CASA and The Bridge 4 Veterans, Inc.

Tim's was able to raise supplies and \$375 cash for each shelter.



We are so grateful for all Tim and Kari do for us and our community!

SPOTLIGHT

Hops for Hope!



What a great event! We dodged a few raindrops at the end, but once again, the Inverness Brewers Union (IBU) and Nine State Brewery put on a wonderful event to support CASA. With our sponsor's and community's support, we were able to raise over \$13,000 to help victims and survivors of domestic violence.

A special thank you goes out to all of our event sponsors, volunteers, professional breweries, home brewers, and food vendors for making our 2nd Annual Hops for Hope a huge success!!!

SAVE THE DATE!

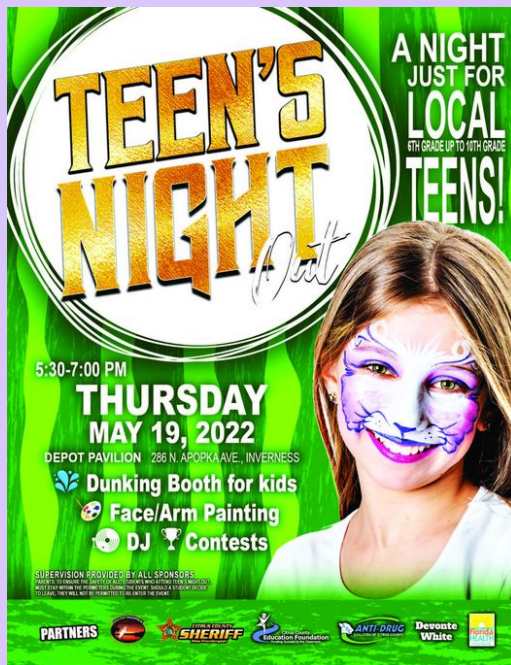
We've already scheduled the 3rd Annual Hops for Hope:

April 15, 2023
4 pm to 8 pm
Nine State Brewery
200 Tompkins Street
Inverness, FL 34450

HOPE TO SEE YOU THERE



Upcoming Events



Teen's Night Out

Teen's Night Out- Thursday, May 19 from 5:30 pm - 7:00 pm. A night just for local 6th - 10th grade teens. Activities include: dunk tank, face/arm painting, DJ contests, free food and fun! For more information please contact City of Inverness Parks & Rec. 352-726-3913.

Rosie the Riveter

SAVE THE DATE

5/29/2022

Crystal Harley Davidson

CASA is a Vendor and a

Beneficiary for this event!

CRYSTAL HARLEY — DAVIDSON
FOURTH ANNUAL ROSIE RIVETER Ride
SUNDAY, MAY 29, 2022

SPONSORED BY
 Silletos on Steel
 UNICAGED LIFE LTD
 LOWMAN HARLEY DAVIDSON

IN COLLABORATION WITH
CRYSTAL HARLEY DAVIDSON

LIVE ON STAGE!
Hannah Zazarro

THROUGHOUT THE EVENT DAY:
 Crystal Harley Deals! \$1000 off a bike • Crystal Harley Raffles and Door Prizes!
 Food Truck by Barn Yard • Shaved Ice Truck • Photos by Captivating Women/Unicaged Life
 LOWMAN Giveaways • Games

VENDORS
 Scentsy • Sunny • CASA • Mary Jane Wellness Clinic • Massages
 Skin Cancer Dermatologist

INFORMATION FROM
 Silletos on Steel • Unicaged Life • CMA • HDG • Lowman • Rocking Road Show • Sunny Scentsy

9:00-9:45 Registration & Complimentary Breakfast
 COMPLIMENTS OF TODD SHOULLA TRUCKING
 9:45-9:55 Welcome Robin Hawk & Amy Moodie
 9:55-10:00 Who is Rosie the Riveter? JENNIFER CLARK ROSS
 10:00-10:10 In Honorarium - Robin Hawk/Leah Bagley/Family
 SOS SISTER KAREN KING AND STEPHANIE THOMAS/STEPHANIE
 Rosie Riders Photo
 10:10-10:20 Restroom Break
 10:20-10:25 SAFETY TALK LAURA ANSTEAD
 10:30-10:40 Mount & Ready up
 10:40-10:45 KSU Police Escorted Rosie Ride
 10:50 Hosted by Silletos on Steel All Female Riding group
 11:00-3:00 Music By Hannah Zazarro and Reed "Soulhead"
 12:00 RIDE RETURNS to CRYSTAL HARLEY
 12:00 -1:00 Lunch / Shop / Mingle / Music / Raffles / 50-60
 Games / Photo Booth
 12:00-1:30 Ladies Ride Bike Show-off with Prizes
 HOSTED BY UNICAGED LIFE
 1:00-1:15 Rosie the Riveter Look Alike Contest
 Prize Lowman 400
 12:15-1:30 Guest Speakers
 2:00-2:15 Bike Show-off Winners
 2:15 - 3:00 Lunch / Shop / Mingle / Music / Raffles / 50-60
 Games / Photo Booth / Silent Auction Drawings

crystalharley.com



Donors April 2022

We would like to extend our sincerest thank you to our individual donors for the month of April of 2022. Without your donations, we would not be able to do the work that we do in the community:

American Irish Club of West Citrus, Citrus Hills Women's Club, Inc., Crystal River Eagles AERIE 4272, First Presbyterian Church, Fraternal Order of Eagles #3992, St. Scholastica Council of Catholic Women, West Citrus Ladies of the Elks #2693, Kenneth and Leslie Fraze, Dianne Kohm, Robert and Claire M. Quigley, Sylvia A. Rose.

If you would like to donate to CASA now, you can go to our website www.casaf1.org.

Donate Now



CASA | (352) 344-8111

www.casaf1.org

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Get In Touch

