



Wellness

TIPS FOR EMBRACING BALANCE & WELL-BEING

MAY IS MENTAL 2021 HEALTH MONTH

LIFE CAN BE HARD.

YOUR MENTAL HEALTH DOESN'T HAVE TO SUFFER.

GET TOOLS AND INFORMATION THAT CAN HELP.





Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

Tools 2 Thrive: While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. COVID-19 has had a profound impact on mental health. It's critical to normalize mental health care to heal from the long-lasting impacts of the pandemic. Living a healthy lifestyle and incorporating **#Tools2Thrive** for mental health may not be easy but can be achieved

by gradually making small changes and building on those successes.

Tools 2 Thrive provide practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.

Check it out mhnational.org/tools-2-thrive

Topics include:
Adapting after trauma and stress
Dealing with anger and frustration
Getting out of thinking traps
Processing big changes
Taking time for yourself
Radical acceptance



Helpful Links

CHOA: Strong 4 Life

Common Sense Media

WELLNESS NEWSLETTER BY

GA DOE

May Mental Health
Tools 2 Thrive Kit

Tools 2 Thrive Kit

Forsyth Environmental
Newsletter

<u>Cumming Local-Things to</u> <u>do this Summer for Kids</u>

Forsyth Community Wellness News

VOLUNTEER OPPORTUNITY

Mentor Me North Georgia Mentoring After School (MAS) Program

NOW taking volunteer applications for the 2021-2022 school year.

- Volunteers needed to work one-on-one with elementary aged students to improve reading, writing, and math skills after school.
- Assist students with homework, work on science projects, play games together and build a relationship with our youth.
- Commitment: One hour per week at one of our locations during the school year.
- Mentor Me staff provides training, coaching and supervision at each session
- Earn volunteer service credit hours for college applications.

Forsyth Central HS

Mondays: 4:30PM-5:30PM V Tuesdays: 4:30PM-5:30PM

Sawnee Elementary

Wednesdays: 5:00PM-6:00PM Thursdays: 4:30PM-5:30PM



SIGN UP HERE:



www.mentorga.org



FORSYTH COUNTY PUBLIC

FCPL has lots of activities this summer for the Family!

Strengthening Small Business Financial Literacy
Kayaking 101
Writing Worships
MIT Climate Solutions Simulator
Table top Roleplay Games
Book Clubs
Science

Outreach Services and More!



EVERYONE FACES CHALLENGES IN LIFE THAT CAN IMPACT THEIR MENTAL HEALTH.

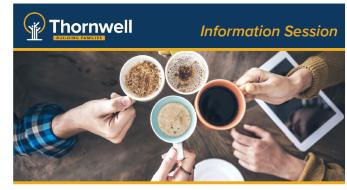
THIS MAY, TAKE A MENTAL HEALTH SCREEN AT MHASCREENING.ORG.

IT IS A QUICK, FREE, AND PRIVATE WAY TO ASSESS YOUR MENTAL HEALTH AND RECOGNIZE SIGNS OF MENTAL HEALTH PROBLEMS.









Life can be stressful. Family life doesn't have to be.

Come grab a cup of coffee and learn more about Building Families - our in-home family therapy program designed to meet families where they are. You can help us get a good thing brewing in the Metro Atlanta areal

Our approach helps parents reduce stress, boost family communication skills, and foster family bonding through positive parenting techniques -- all in a comfortable, judgement-free setting.

Thanks for helping us percolate positive parenting in our communities.

See you there! RSVPs are preferred, but not required.

Presented by:

Courtney Danner, LCSW Roswell, South Forsyth, North Fulton Courtney.danner@thornwell.org

Rena Dumas, LMSW Lilburn, Gwinnett County

Sarah Spencer, LCSW
Decatur, Dekalb and Fulton Counties

Tuesday, May 4th
10:00 AM – 10:30 AM
RSVP to Courtney.danner@thornwell.org

Can't RSVP? Join Here!



Click here for a list of Click here for a list of food items needed at The Place!



UGA 4-H Co-Op Camps

Tech Camps

Forsyth YMCA

Mind Body Sports

Forsyth Parks and

<u>Rec</u>

Grief and Loss Camp