

Children's Mental Health Week at Humanim

CHILDREN'S MENTAL HEALTH MATTERS!

MAY 6-12

"Your Struggle is Part of Your Story"

Join us for a full week of events and activities in recognition of Children's Mental Health Week. All events are free to attend and led by Humanim's Healthy Transitions youth mental health program.

SUNDAY	6	MONDAY	7	TUESDAY	8	WEDNESDAY	9	THURSDAY	10	FRIDAY	11	SATURDAY	12
		Estate Planning for Parents of those with Special Needs Workshop		Eating Disorders: Signs, Symptoms & How to Support		QPR from Grassroots HT Suicide Prevention Workshop		Wear Green! Children's Mental Health Awareness Day HT Presents: Emerging Adults (TAY) and ways to support				Youth Mental Health First Aid	

Estate Planning for Parents of those with Special Needs Workshop

MAY 7 • 6-8:30PM • WOODSIDE PRP ROOM

Healthy Transitions program is proud to present: Andre McDonald, ESQ. Mr. McDonald will be covering how to begin estate planning to ensure parents of those with special needs will be protected and covered. This workshop is open to the public, but must RSVP. Space is limited!

Eating Disorders: Signs, Symptoms & How to Support

MAY 8 • 1-2:30PM • WOODSIDE PRP ROOM

Sheppard Pratt Center for Eating Disorders psychologist Dr. Jennifer Moran is presenting on eating disorders. This workshop will cover signs & symptoms of disordered eating and eating disorders. It will also outline ways to support individuals that may be showing signs or symptoms of eating disorders. Finally, it highlights the resources available to those who may be struggling with and eating disorder as well as their supports. This workshop is open to the public, but must RSVP. Space is limited! *Next Level Credits available to Humanim Staff.

QPR from Grassroots

MAY 9 • 3:30-4:45PM • WOODSIDE PRP ROOM • RSVP

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. This workshop is open to the public, but must RSVP. Space is limited! Next Level Credits available to Humanim Staff.

HT Suicide Prevention Workshop

MAY 9 • 5-7PM • WOODSIDE PRP ROOM

Join Healthy Transitions, in partnership with American Foundation for Suicide Prevention, as well as the Mobile Crisis Team of Grassroots in learning important suicide prevention tips. Covered in this workshop are: statistics, warning signs, and resources available to someone who may be experiencing suicidal thoughts. Healthy Transitions will also screen clips of Kevin Hines and his story.

This workshop is open to 16-25 year old Howard County residents.

Wear Green! Children's Mental Health Awareness Day

MAY 10 • ALL DAY!

Want to watch from afar? Follow our Instagram and Facebook stories throughout the day:
<https://www.facebook.com/MarylandHealthyTransitions>
<https://www.instagram.com/mdhealthytransitions/>

HT Presents: Emerging Adults (TAY) and ways to support

MAY 10 • 2-3PM • WOODSIDE MCR-A ROOM • RSVP

This training is about the unique developmental needs of TAY and the fine line between normal development and what could be considered a mental health concern by looking at cognitive, social and physical changes during this period. The Healthy Transitions Team will cover ways to support emerging adults through their tumultuous time, and help them to transition successfully to adulthood. *Next Level Credits available to Humanim Staff This workshop is open to the public, but must RSVP. Space is limited!

Youth Mental Health First Aid

MAY 12 • 8:30AM-5PM • WOODSIDE MCR-A ROOM

FREE Youth Mental Health First Aid Class, space is limited to 30 participants, must be 18+ to register. Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. This course is designed for adults who interact with youth between the ages of 12-18.

This is free to Howard County residents through funding from the Howard County Local Health Improvement Coalition. Space is limited!

Contact

For questions, or to RSVP to any of these free events please contact Juli Murray at jmurray@humanim.org

Location Details

6355 Woodside Court,
Columbia, MD 21046
(Follow signs to correct room!)

