



MENTAL WELLNESS MATTERS
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A MONTHLY NEWSLETTER FOR
DOOR COUNTY STUDENTS & FAMILIES

May 2022

Vol. 22

Salutations and Happy May!

My name is **Bibs Maloney** and I am the Mental Health Navigator here at STRIDE. Every month (October-May) your school will distribute this newsletter to share mental wellness information with you.

STRIDE works with every Door County school district to offer education on ACEs (Adverse Childhood Experiences) & their impact on learning, behavior, & brain development.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we cannot remove all barriers, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Better Together,
Bibs Maloney
STRIDE Mental Health Navigator

STRIDE CREATIVE SUMMER ARTS PROGRAM:

This summer STRIDE Creative and art therapist Jodi Rose are offering a seven week art camp focused on the creation of giant wall art!

For ages 9-12

Thursdays (July 7 - August 18); held from 12:30-4:30pm at Enclave (120 S. Madison, Sturgeon Bay).

For ages 13+

Participants in the Boys and Girls Club summer program can opt to participate on **Mondays (July 11 - August 22)**.

YCC/CCS/CLTS

Youth in these programs can participate on **Tuesdays (July 12 - August 23)**. These will be 90 minute groups.

REGISTRATION ENDS JUNE 10th

Visit stridecreatedc.com for more information.

MENTAL HEALTH Awareness Month:

May is Mental Health Awareness Month and here at STRIDE, this month is near and dear to our hearts. As we continue to break down barriers limiting access to quality mental health care for Door County youth, we also encourage open and honest conversations about mental wellness for people of all ages.

Not sure how to help spread awareness this May? Here are six ways you can help:

- 1) Talk about mental health more openly.
- 2) Keep the conversation open.
- 3) Don't leave children out of it.
- 4) Learn the signs and symptoms of various mental health illnesses.
- 5) Participate in local advocacy efforts to support and expand mental health legislation.
- 6) Practice kindness and compassion.

Be well and take care of each other!

