



Empowering Individuals and Strengthening Communities

## Every Mind Deserves a Home



In January, 2019, the [Washington Post](#) featured a story about local man who found permanent housing through the combined efforts of many organizations, including EveryMind.

David's story was just one of the many stories EveryMind was proud to be a part of in 2019. In fact, our case managers helped **189** individuals who were formerly

homeless obtain shelter or temporary housing. We also assisted another **960** individuals and families find or maintain stable housing.

EveryMind is committed to helping our neighbors who are experiencing homelessness find, obtain and maintain housing. Having a consistent, stable and safe place to live is an essential component to good physical and mental wellbeing.

Your support allows us to help more people like David. Please consider making a tax-deductible donation to EveryMind today **because every mind needs attention, care and support!**

[Revisit David's Story](#)

[Donate Today](#)



## Annual Point in Time Count

January 22, 2020

*(please note the change in the date)*

Volunteers are needed to help conduct a survey of people who are homeless on the evening of **January 22, 2020**. Training will be provided starting at approximately 9:00 p.m. then teams of volunteers will survey a

designated area. This Count is essential to ensuring adequate resources are allocated to our community to help our neighbors experiencing homelessness. If you are interested in volunteering for the Point In Time Count, please register using the link below.



## Family Empowerment Institute

### *An EveryMind Linkages to Learning Initiative*

Financial stability and economic opportunities alleviate stress on a family. When family stress decreases, children thrive – they can focus on academic endeavors, build strong, enduring friendships and excel at things they enjoy doing. Most importantly, they can just be kids. When parents feel empowered to set goals and supported as they strive to achieve them, amazing things can happen. This is what the **Family Empowerment Institute** is all about.

On November 20, 2019, our Linkages to Learning **Family Empowerment Institute** celebrated the graduation of 43 men and women from the program. These dedicated parents completed courses and certifications that will enable them to improve their employment opportunities and their families' financial wellbeing. Congratulations to our 2019 Graduates!

[More Event Photos](#)

## 3rd Annual Mental Health Forum

January 11, 2020 | 1:00 - 5:00

Earle B. Wood Middle School



### Event Information



EveryMind is pleased to participate in the 3rd Annual Mental Health and Wellness Forum hosted by Montgomery County Public Schools and the Montgomery County Council of Parent Teacher Associations. The forum is designed to educate students, families and school staff about resources available to address mental health challenges.

Community providers will be present to discuss their services and speakers in breakout sessions will address topics such as

- teen depression and suicidal ideation

- stress and anxiety
- the impact of vaping
- challenges faced by LGBTQ+ students
- and more.

There will also be a free training on Youth Mental Health First Aid (advanced registration is required and space is limited). We hope you will join us!

[Register for Forum](#)

[Register for Youth Mental Health First Aid](#)

## Don't Let Your Self-Care Routine Take a Holiday!

The holiday season is upon us and now more than ever its essential to maintain an effective self-care routine. Even if you take just 10 minutes a day to practice techniques that reduce your stress level, it can make a world of difference and help you get through the season with good physical and mental health!



[Article - Stress, depression and the holidays: Tips for coping](#)

[Schedule an EveryMind Self-Care Presentation](#)

### Need Help/Support/Resources?

Call or Text: 301.738.2255

Chat: <https://suicidepreventionlifeline.org/chat/>

ServingTogether Veteran Peer Navigator: 1.855.738.7176

[Sign-up](#) for the EveryMind newsletter.

EveryMind. | 301.424.0656 | [Every-Mind.org](http://Every-Mind.org)

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Your mental wellness.  
Our mission.

