

# TEEN COURT NEWSLETTER

September 2023

## UPCOMING CLASSES

### **Importance of Good Communication Skills**

Interactive session that uses role play to improve communication skills.

**Next Class:** Tuesday, September 5, 2023

**Location:** Nanjemoy Community Center

### **Victim Services**

A Victim/Witness Service Coordinator will go over how to identify trauma responses, resources for victims of crimes, and more.

**Next Class:** Monday, September 12, 2023

**Location:** CCSO Headquarter Building



## UPCOMING FUNDRAISERS

### Pizza Hotline - La Plata Location

- September 4th
- October 9th
- November 7th

### Ledo Pizza - La Plata Location

- September 19th

## AFFIRMATIONS FOR TEENS

"You have great ideas."

"Your opinion matters."

"Your feelings are relevant."

"You offer a unique perspective."

"You can make important decisions."

"You are capable of accomplishing anything."

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## September is National Suicide Prevention Month

**Call or text 988 or visit  
988lifeline.org to chat online**

Anyone nationwide can reach trained crisis counselors who can help in a mental health, substance use or suicide crisis.

211 Maryland is the state's most comprehensive health and human services resource database. With over 7,500 resources, individuals with essential needs can get connected to local help 24/7/365.

**Call 211 or visit 211md.org**



The Division of Behavioral Health is a local resource here to serve you. They offer: comprehensive assessments with individualized treatment plans; outpatient and/or group counseling addressing both mental health and substance use; community resources, and Narcan Training. Additionally, they have groups that include but are not limited to youth substance use, grief and loss, and anger management.

Contact the Division of Behavioral Health at (301)609-6601 for additional information.

**For more information on  
Upcoming Class & Fundraisers,  
check out our website:**



Teen Court Website

## UPCOMING COMMUNITY EVENTS

### **Together We Rise**

Annual Charles County Recovery Celebration

**When:** Saturday, Sept. 23, 2023 - 10a.m. to 2 p.m.

**Location:** Indian Head Trail

by the Charles County Health Department