

TEEN COURT NEWSLETTER

May 2024

May is Mental Health Awareness Month

“Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it’s essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.”

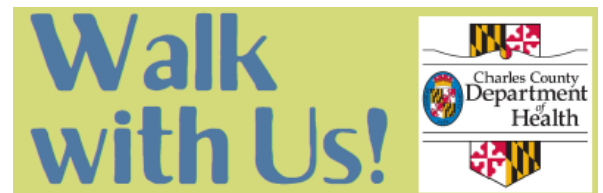
What are some ways you can take care of your mental health?

- Get regular exercise.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority.
- Try a relaxing activity.
- Set goals and priorities.
- Practice gratitude.
- Focus on positivity.
- Stay connected with friends and family.

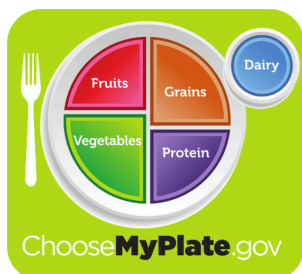


~ www.nimh.nih.gov

Ideas and Resources:



301-609-6900



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Looking for opportunities to expand your knowledge base & skills?

UPCOMING CLASSES

Human Trafficking Awareness -La Plata

Shared Hope aims to help Adults identify warning signs & how to keep kids safe.

Next Class: Monday, May 06, 2024

Location: CCSO Headquarters Building

Change of Direction - La Plata

Multiple partners will help provide information on health care options for the insured and uninsured as well as ways to live a healthier life.

Next Class: Tuesday, June 04, 2024

Location: CCSO Headquarters Building

Human Trafficking Awareness -La Plata

Shared Hope will help teach Teens & Families how to stay safe from online predators.

Next Class: Tuesday, May 14, 2024

Location: CCSO Headquarters Building

Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and showing empathy to each other. This session's theme is Be Kind!

Next Class: Tuesday, June 11, 2024

Location: CCSO Headquarters Building



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



UPCOMING FUNDRAISERS

Pizza Hotline - La Plata Location

- May 27th
- June 19th

Chipotle - La Plata Location

- May 07th

If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

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