



Advocacy | Education | Prevention

Visit MHA's website

(704) 365-3454

April 28, 2020

VIRTUAL
MHA VOICE)))

Helping Live Mentally Healthier Lives Since 1933

MHA is Here for You. . .in New Ways

MHA's Mental Health Matters Virtual Series

Join us for 30 minutes of inspiration, connection and Q&A. Focus will be supporting children and youth

This Week's Guest: Justin Perry, MSW and Anna Shaffner, LPC

When: April 28, 2020 | 3 pm

Register: www.mhacentralcarolinas.org
Events page

For a more information please visit
www.mhacentralcarolinas.org
or call 704.365.3454.

Join MHA's Executive Director Kathy Rogers on **Tuesdays at 3 p.m.** for **Mental Health Matters**. On Tuesday, April 28, Kathy will talk with Justin Perry, MSW, LCSW, LCAS, CSI and Anna Shaffner, LPC, LCASA, NCC of [Perry Counseling Healing and Recovery, PLLC](#). Register now for strategies on how to talk and support children and youth during the "stay at home" order.

[Register now for 30 minutes of inspiration, connection and Q&A](#)



QPR (Question, Persuade & Refer) is a free evidence-based suicide prevention training MHA offers for high school students and adults. During this period of physical distancing, QPR Institute is allowing certified instructors to offer live, on-line courses.

[Register now for a Free 2-hour workshop](#)

If you are interested in bringing this virtual training to a group of 10-25, [contact Ericka Ellis-Stewart](#) or [Kevin Markle](#) at 704.365.3454 to learn more.



MHA's ParentVOICE team will be hosting **EMPOWERMENT Parent/Caretaker Group** LIVE via Zoom! Join us virtually Tuesdays from 2:30-3:30 p.m. For more information or to get the Zoom invitation:

[Candace Wilson](#) or 704.517.5364

[Cathy Johnson](#) or 980.406.1169

ACTIVE YOUTH

ACTIVE YOUTH will be hosting our monthly support group for 12-18 year olds on Thursdays from 3:00-4:00 p.m. via Zoom. For more information and to receive the Zoom link contact: [Kevin Markle](#) or 980.406.1527

Join Our Virtual Fundraising Event!



We See You during these unprecedented times of uncertainty, physical distancing and disruption to our community, and MHA is responding to ever-changing and increasing needs. Now more than ever, we all need to focus on our mental health and well-being.

As our communities begin to heal from the COVID-19 Pandemic, MHA will be here to help rebuild the hope, spirit and well-being of people throughout Mecklenburg and Cabarrus Counties.

We Need Your Help! Join or host a watch party and consider making an investment in the recovery of our community wellness. To learn how to "host a watch party" [email Andrea Towner](#) or to get the link:

[Register Now for Thursday, May 14 from 8:00-8:30 a.m.](#)

We See You. . .
ParentVOICE Team

Busy Helping Families Cope With COVID-19

A Cabarrus family supported by [MHA's ParentVOICE](#) program recently shared, *"We are so grateful for the services MHA has provided for our family this past year. Recently, your friendly face during a zoom support group call, advocacy advice during this time of crisis schooling, and most importantly, helpful resources for our family. My husband and I were both out of work due to COVID-19 and thanks to MHA, they were able to point us in the right direction for food for our children, helped us navigate the unemployment process and sent us job postings. Because of these resources, our family has been able to stay afloat and my husband was just offered a new job. Thank you, MHA, for all you do for us and the entire community."*

- The Holt Family



MHA Storyteller Missy Willis, who will be featured during [MHA's Virtual Wake Up for Wellness event](#), recently shared, *"The work you all are doing is monumental and connecting people to the right resources."*



Be Encouraged

Check out [MHA's video series](#) created by volunteers and staff during the COVID-19 pandemic, sharing their coping strategies and messages of encouragement.

[Two Minute Message](#)



**Need Resources?
We've Got You Covered**

Mental Health And COVID-19 –
Information And Resources

MHA's 2019-2020 Corporate Investors

Visionary



Advocacy Leaders



Anti-Stigma Champions



Corporate Wellness Circle

[The Anxiety & OCD Treatment Center](#)

[Charlotte Psychotherapy & Consultation Group](#)

[GET HELP](#) | [OUR PROGRAMS](#) | [GET INVOLVED](#) | [ABOUT US](#)

Mental Health America of Central Carolinas is dedicated to providing help, offering hope and promoting mental wellness through advocacy, education and prevention in Mecklenburg and Cabarrus Counties.





Member Agency

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