August 14, 2025

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities within your network and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to lhic@howardcountymd.gov.

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# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* The next Full LHIC Meeting is scheduled for Thursday, October 16th, in-person and via Zoom. Click [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator) to register.
* HCLHIC Food Connections Map is now updated. Click [here](https://www.hclhic.org/foodmap) to access the map.
* Howard County Library System (HCLS) will continue hosting the annual The Longest Table dinner. Click [here](https://forms.office.com/pages/responsepage.aspx?id=NDiqaUrHpkK3_s37lUEFKrrI5WCpUEdLiWKno1_6wzVUOUJGT0wzVTlJTzlSTVVVVTBCNzI4RkZFNC4u&route=shorturl) to know when tickets for The Longest Table go on sale.
* Howard County Health Department Substance Use Prevention Survey is live. Click [here](https://docs.google.com/forms/d/e/1FAIpQLSeHBf0lzXkD3lyx0QiRFJgQGfnWUkxByFofOa7i3Bu-CGuMtw/viewform) to complete the survey.
* The Howard County Health Department Perinatal Equity and Care for Everyone (P.E.A.C.E.) Project has launched a Doula Partnership Program to support Doulas in becoming Medicaid-credentialed. Click [here](https://www.howardcountymd.gov/peace-project#doula-partnership-program-for-doulas) to learn more.
* Howard County Health Department is seeking responses for their Substance Use Prevention Survey. Click [here](https://www.howardcountymd.gov/health/behavioral-health) for more information and to submit the survey.
* The Summer Farmers Markets will resume in front of the Howard County Health Department. Click here to [learn](https://www.howardcountymd.gov/health/women-infants-children-wic) more.
* Maryland SUN Meals program provides FREE meals for kids 18 and under. Click [here](https://mars.msde.maryland.gov/mars_sitesearch/?fbclid=IwY2xjawLQ8q1leHRuA2FlbQIxMABicmlkETE4M2tKSU9CSHY1VUlYZVA3AR6MzDCl3QPM1SGudAk3iUUylI0tWOEOo_Ns7yPCsMPX4kLe61oELQODIGrCrQ_aem_411W79r-z-gjCvGdtCoC-Q) to find meal sites.
* Howard County Police Department is offering 911 flagging to residents. To request a flag on your address, click [here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnamihowardcounty.us6.list-manage.com%2Ftrack%2Fclick%3Fu%3D473a38e48a52b072a71bfc6b1%26id%3Dfd912c8bcd%26e%3Ddc54dfc3d0&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C41b431b76ac5417680ad08dda1f9126a%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638844813771142844%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C60000%7C%7C%7C&sdata=pGHo8yYjpKBdKaloque3UcKxKtgocGvaKjO2LMqW44Q%3D&reserved=0).
* Howard County Office of Children and Families has established The CARE Line. Click [here](https://www.howardcountymd.gov/children-families/care-line) to learn more.
* The latest episode from Howard County Health Department HoCo Podcast is now available. Click [here](https://hocohealth.podbean.com/) to listen.
* The latest episode from the Howard County Local Health Improvement Coalition Breaking Down Barriers series is now available. Click [here](https://www.youtube.com/playlist?list=PLxMJFCTHuPTYyVHL6KJ0Aq2XUjISOgPqM) to watch.
* Maryland Department of Health announces preliminary state prevention plan and firearm violence data dashboard. Click [here](https://health.maryland.gov/dataoffice/mdh-dashboards/Pages/firearm-violence.aspx) to learn more.
* Maryland Poison Center. Click [here](https://www.mdpoison.com/) to learn more.
* Resources for young people with mental health support needs. [Link](https://www.center-for-children.org/).
* Find a Mental Health First Aid course or Instructor near you using the search tool below. [Link](https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/).
* Free Planet Fitness Membership for Maryland Physician Care Members. Click [here](https://www.marylandphysicianscare.com/planet-fitness/) for more information.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Maryland Department of Health has rebranded its online customer portal, myMDThink, to MarylandBenefits.gov an easy-to-use Benefits Screener. Click [here](https://benefits.maryland.gov/home/#/) to access.
* The Howard County Health Department (HCHD) offers free virtual training on the use of Narcan. Click [here](https://www.howardcountymd.gov/health/opioid-overdose-response-program) to learn more.

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**FUNDING OPPORTUNITIES**

**Title:** MacFarlane Equity Impact Grant

**Description:** The Roger I. & Ruth B. MacFarlane Foundation offers grants up to $250,000 to organizations advancing equity and well-being through programs in education, health, economic empowerment, environmental justice, and support for women and girls across the U.S.

**Rolling applications**: Click [here](https://www.nifa.usda.gov/grants/funding-opportunities/agriculture-food-research-initiative-foundational-applied-science?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) to learn more.

**Title:** The Standard Charitable Foundation 25K Human Services Grant

**Description:** The Standard Charitable Foundation awards up to $25,000 in grant funding for nonprofit programs that build healthy communities and help maintain their vitality, and programs that address major human services issues affecting children and families.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/25k-human-services/) to learn more.

**Title:** NFL Military Grant

**Description:** The NFL has partnered with the Bob Woodruff Foundation (BWF) to expand its Salute to Service initiative by offering fund nonprofit organizations and programs that focus on improving the overall health and wellbeing of service members, veterans, their families, and caregivers.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/nfl-military-grant/) to learn more.

**Title:** Underserved Communities Grant

**Description:** The Tony Robbins Foundation offers grants of up to $15,000 to nonprofits empowering youth, the elderly, disabled individuals, the homeless, the hungry, and prison populations.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/underserved-communities-grant/) to learn more.

**Title:** Healthy Eating Research: Special Call for Rapid-Response Projects

**Description:** This Call for Proposals (CFP) seeks to fund research, policy reports, and evaluations that examine how changes in nutrition and other social policies affect health, nutrition, and economic outcomes for diverse, low-income families.

**Rolling applications**: Click [here](https://healthyeatingresearch.org/wp-content/uploads/2025/06/HER-2025-Rapid-Response-CFP.pdf) to learn more.

**Title:** Evidence for Action: Innovative Research to Advance Racial Equity

**Description:** Evidence for Action (E4A) prioritizes research to evaluate specific interventions (e.g., policies, programs, practices) that have the potential to counteract the harms of structural and systemic racism and improve health, well-being, and equity outcomes.

**Rolling applications**: Click [here](https://www.nccor.org/funding-opportunity/evidence-for-action-innovative-research-to-advance-racial-equity/) to learn more.

**Title:** Community Opportunity Grant

**Description:** The Albert and Ethel Herzstein Charitable Foundation provides grants averaging $17,000 to nonprofits that create positive community impact by enriching lives, celebrating human dignity, and offering opportunities for individuals to improve their own futures.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/community-opportunity-grant/) to learn more.

**Title:** Kroger Foundation, Community Impact Grant

**Description:** Kroger Foundation provides funding to nonprofits up to $125,000 to focus on Zero Hunger, Zero Waste, Diversity & Inclusion, Health & Nutrition, and Stronger Communities.

**Rolling applications**: Click [here](https://thekrogerco.versaic.com/login) to learn more.

**Title:** Charles Lafitte Foundation

**Description:** The Charles Lafitte Foundation provides grants to support children’s education, advocacy, healthcare, and the arts, funding programs that enhance learning, improve child welfare, advance medical research, and inspire creativity in young minds.

**Rolling applications:** Click [here](https://charleslafitte.org/grants/application/) to learn more.

**Title:** Stellar Foundation

**Description:** Stellar Foundation provides funding up to $2,000 to nonprofits to focus on healthcare, education, artistic and cultural events, and community services.

**Rolling applications:** Click [here](https://urbanawarenessusa.org/2k-community-services/) to learn more.

**Title:** Standard Insurance Company

**Description:** Standard Insurance Company offers grants up to $25,000 to nonprofits supporting healthy communities, disability empowerment, cultural development, and education, with funding available for programs, operations, capital needs, and events.

**Rolling applications:** Click [here](https://www.standard.com/get-to-know-standard/community-impact/apply-funds) to learn more.

**Title:** 15 and the Mahomies Foundation

**Description:** 15 and the Mahomies Foundation offers grants of up to $15,000 to initiatives supporting children’s health, wellness, and community needs, aiming to make a positive impact on young lives.

**Rolling applications:** Click [here](https://urbanawarenessusa.org/mahomies-child-grant/) to learn more.

**Title:** Henry E. Niles Foundation

**Description:** The Henry E. Niles Foundation provides grants of up to $50,000 to support global humanitarian efforts. Funding focuses on advancing education at all levels, fostering economic self-sufficiency through job training and entrepreneurial initiatives, and improving public health for disadvantaged communities. Faith-based and community-driven programs are prioritized.

**Rolling applications:** Click [here](https://www.henryniles.org/applications--reports.html) for more information.

**Title:** Hearst Foundation

**Description:** In response to the shortage of healthcare professionals necessary to meet the country’s evolving healthcare demands, the Hearst Foundations fund programs designed to enhance skills and increase the number of practitioners and educators across roles in healthcare. The Foundations also support public health, medical research and the development of young investigators to help create a broad and enduring impact on the nation’s health.

**Rolling applications:** Click [here](https://www.hearstfdn.org/health/funding-priorities) to learn more.

**Title:** Food Policy Catalyst Request for Proposals: State and Local Policy & Industry Accountability Subgrants

**Description:** The Center for Science in the Public Interest (CSPI) is pleased to announce a Request for Proposals for subgrants under the Food Policy Catalyst, an initiative of CSPI and affiliate CSPI Action Fund. They are currently accepting applications for three subgrant opportunities: State & Local Policy, Industry Accountability, Power building.

**Applications Deadline: September 3, 2025** Click [here](https://www.cspi.org/grants/what-we-are-funding) to learn more.

**Title:** Kindness Micro Grant for Youth, Wellness & Community (TDB Family Foundation)

**Description:** The TDB Family Foundation offers grants up to $1,000 for small-scale projects promoting youth voices, mental health resiliency, community connection, storytelling through the arts, and pet-powered emotional support to inspire kindness and positive change.

**Applications Deadline: September 30, 2025**. Click [here](https://urbanawarenessusa.org/kindness-grant-program/) for more information.

**Title:** Exploring Equitable Futures

**Description:** The purpose of this Exploring Equitable Futures Call for Proposals (CFP) is to support projects that seed new and unconventional ideas that could radically advance health equity for generations to come.

**Applications Deadline: October 15, 2025, at 3 pm**. Click [here](https://www.rwjf.org/en/grants/active-funding-opportunities/2025/exploring-equitable-futures.html) for more information.

**Title:** Agriculture and Food Research Initiative - Foundational and Applied Science Program

**Description:** USDA AFRI’s Foundational and Applied Science Program Request for Application for FY 2026 is now available on the USDA-NIFA website.

**Applications Deadline: December 31, 2026** Click [here](https://www.nifa.usda.gov/grants/funding-opportunities/agriculture-food-research-initiative-foundational-applied-science?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) to learn more.

**Title:** Reasonable Accommodations Repairs Grant

**Description:** The Accessible Resources for Independence (ARI) has funds to provide reasonable accommodation repairs in Howard County rental properties for low-income renters so they may live safely in their homes. Interested individuals should contact Betsy Hein, Assistive Technology Program Manager at bhein@arinow.org or 443-713-3910. Click [here](https://arinow.org/services/reasonable-accommodation-repairs-grant/?fbclid=IwY2xjawMJ0LpleHRuA2FlbQIxMABicmlkETF4aTdSaE5SeXBrS3l4STQxAR53IV_-a5rWwLtKNmRQuz9zNdPPLnC2UFct6sg4w1mOWsRYBbDfOuSe4WwtQA_aem_id9nlJ3Py-VuUOSWVjOohg) to learn more.

**EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES, AND SUPPORT PROGRAMS**

Events below may not be hosted or provided by HCLHIC. If you have any questions about

these events, please contact the event organizers directly. Thank you!

##  HEALTHY BEGINNINGS

**Title:** Dads and Strollers

**Description**: The Howard County Office of Children and Families will host an event that is all about movement, bonding and enjoying the outdoors together. Run, jog, or walk at your own pace, water and healthy snacks will be provided. Bring your water bottle, running shoes, stroller if needed, and get ready for an energetic day with your kids ages birth to five.

**Date and Time:** Saturday, August 21, 2025, 5:30 – 7:30 pm.

**Location:** 10000 Clarksville Pike, Ellicott City, MD 21042. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/153741?onlineSiteId=0&from_original_cui=true) to register.

**Title:** Prioritizing Breastfeeding

**Description**: The Women, Infants and Children (WIC) Program will observe World Breastfeeding month with events, such as Farmer's Market, games, WIC giveaways, and breastfeeding education.

**Date and Time:** Fridays, August 22, 2025, at 10:00 am-12:00 pm.

**Location:** North Laurel Community Center, 9411 Whiskey Bottom Rd, Laurel, MD, 20723.

Click [here](https://www.howardcountymd.gov/health/women-infants-children-wic) to learn more.

**Title:** Postpartum Health and Chronic Disease Management

**Description**: The PG Healthy Start program at MedStar Health invites mothers, fathers, caregivers, family members, and the entire community to join a free virtual workshop focusing on postpartum health and chronic disease management

**Date and Time:** Tuesday, August 26, 2025, at 6:00 pm-7:00 pm. Click [here](https://www.coachingsaludholistica.com/events?fbclid=IwY2xjawMIWJ9leHRuA2FlbQIxMABicmlkETF4U0FzaEVtMVlNVGhhSGZGAR78PTsyh2cREEWcerFBJnvOAN22St0UTwp4OdkThrOYndKZMuRU10sFIQh1LA_aem_F88EA9DMN2ODc3AAwRdQXQ) to learn more.

**Title:** Family Academy Kickoff 2025

**Description**: Start the school year off right! Join HCPSS and community organizations as they share valuable information, resources, and support to prepare for a successful academic year. Deadline to register for childcare and transportation is Monday, September 15, 2025.

**Date and Time:** Saturday, September 27, 2025, 9:00 am – 12:00 pm.

**Location:** 9410 Kilimanjaro Road, Columbia, MD 21045. Click [here](https://docs.google.com/forms/d/e/1FAIpQLScmAlMhhj7veLGXoce-ce5z_hSDYANSMMrzLPy3SinL9FdyKQ/viewform) to register.

**Title:** National Alliance on Mental Illness (NAMI) Parent Support Group

**Description**: This is a group for parents and caregivers of children and teens with mental health concerns ages 5-18 years old. The Transition Age Youth (TAY) support group is for parents and caregivers of transition age youth with mental health concerns with a fluid age range of 16-26 years old. Free and held virtual via Zoom.

**Date and Time:** Second Monday of each month, at 7:30 pm. Register [here](https://namihowardcountymd.org/series/online-connection-support-group-2nd-mondays/).

**Title:** Teen and Middle School Advisory Committee Meeting

**Description**: The Teen and Middle School Advisory Committee is made up of two groups: high school (ages 13-19) and middle school (ages 11-13). These groups serve as a resource to the Columbia Association staff and the Board of Directors to ensure that the needs and interests of teenagers in Columbia are met. Members organize and implement programs and activities for their peers, gaining self-confidence, leadership experience, and making new friends along the way.

**Date and Time:** Middle schoolers; first and third Wednesdays of each month at 6:00 pm. High schoolers, third Tuesday of each month at 5:00 pm. Register [here](https://columbiaassociation.org/events/calendar/#event=77282913;instance=20250507180000?popup=1&lang=en-US).

**Title:** National Alliance on Mental Illness (NAMI) Parent Support Group

**Description**: This is a group for parents and caregivers of children and teens with mental health concerns ages 5-18 years old. The Transition Age Youth (TAY) support group is for parents and caregivers of transition age youth with mental health concerns with a fluid age range of 16-26 years old. Free and held virtual via Zoom.

**Date and Time:** Second Monday of each month, at 7:30 pm. Register [here](https://namihowardcountymd.org/series/online-connection-support-group-2nd-mondays/).

**Title**: Merriweather Teen Council

**Description**: Are you a Howard County teen, aged 13-19, eager to make a positive impact on your community? Join our Teen Council and help make a fun and safe space for your peers at Merriweather Post Pavilion!

**Date and Time**: First and Third Tuesday of each month, 4:30 – 6:00 pm via Zoom.

**Location**: Some meetings via Zoom, some meetings in-person at 10475 Little Patuxent Pkwy, Columbia, MD 21044. Click [here](https://docs.google.com/forms/d/1JmjrLXU2LFRHZrbOt3WCHMzBs-dfdF3jV-Mun6atKfQ/viewform?edit_requested=true) to learn more.

**Title**: Fit and Fun Days

**Description:** Children will have a blast with a day of fun fitness activities and introduction to multiple sports and fitness activities. Fit and Fun Days are perfect for kids who love to move! Activities benefit their development in a fun and noncompetitive environment. Healthy lunch and snacks provided.

**Date and Time**: Time varies by location. Held during Howard County Schools summer break.

**Locations**: Columbia Athletic Club, 5435 Beaverkill Road, Columbia, MD 21044; Columbia Gym, 6151 Day Long Ln, Clarksville, MD 21029; Supreme Sports Club, 7080 Deepage Drive, Columbia, MD 21045. Click [here](https://columbiaassociation.org/community-program/kids/kidspace/fit-fun-days/) to learn more.

**Title**: It is Dad’s Time at the Library

**Description:** The Bronze Villagers will host a celebration of fatherhood, literacy and fun. Designed especially for Dads of African American infants, toddlers, and preschoolers (0-5 years). This event is about Dads bonding through books, play, and connecting with other Dads.

**Date and Time**: Saturday, September 13, 2025, 11 am – 1 pm

**Location**: East Columbia Branch Library, 6600 Cradlerock Way, Columbia, MD 21045. Click [here](https://www.eventbrite.com/e/its-dad-time-at-the-library-tickets-1462438736629?aff=erelpanelorg) to learn more.

**Title**: The Bronze Villagers Community Summit 2025

**Description:** The Bronze Villagers Community Summit is to bring the African American community together to brainstorm ideas to galvanize, mobilize, and empower the African American community to make a critical mindset shift to early learning for infants, toddlers, and preschoolers to increase kindergarten readiness. Lunch will be provided.

**Date and Time**: Saturday, October 4, 2025, 10 am – 1 pm

**Location**: St. John Baptist Church, 9055 Tamar Drive, Columbia, MD 21045. Click [here](https://www.eventbrite.com/e/bronze-villagers-community-summit-2025-tickets-1458621047819) to learn more.

**HEALTHY LIVING**

**Title:** WIC Farmer’s Markets

**Description:** Howard County Health Department has partnered with Stoecker Farms to offer pop-up Farmer's Markets at the Ascend One Building (8930 Stanford Blvd. Columbia MD 21045).

**Dates and Times:** Varies.

**Location:** Howard County Health Department, Ascend One Building, 8930 Stanford Blvd. Columbia, MD 21045. Click [here](https://www.howardcountymd.gov/health/women-infants-children-wic) to learn more.

**Title:** Resource Fair for Howard County Communities of Faith

**Description:** Explore what the Howard County Office on Aging and Independence has to offer Howard County Communities of Faith. Come connect, learn and celebrate community with us.

**Dates and Times:** Wednesday, August 20, 2025, from 4:00 – 7:00 pm.

**Location:** East Columbia 50+ Center, 6610 Cradlerock Way, Columbia, MD 21045. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/153552?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** Elkridge 50+ Center Walking Club

**Description:** Weather permitting, join fellow 50+ members from Elkridge 50+ Center for a 1–2-mile neighborhood walk. Exercise, socialize and have fun! The group meets in front of the center. Enjoy tea and coffee at the center after your walk. This activity will not meet when the Center is closed.

**Dates and Times:** Starting July 1, 2025-September 30, 2025, every Tuesday, Wednesday, and Thursday from 8:30 – 9:30 am.

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge, MD 21075. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/152051?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** Sunday Suppers

**Description:** The National Alliance on Mental Illness (NAMI) of Howard County (HC) invites adults living with mental illness to join us for Sunday Supper—a free monthly meal and opportunity for fellowship and connection. Attendees are strongly encouraged to sign up in advance. If you need transportation, registration is required by the Wednesday *before* the event.

**Dates and Times:** Starting Sunday, July 20, 2025, and continuing on the third Sunday of every month from 3:00 – 4:30 pm.

**Location:** Sheppard Pratt Way Station, 9030 MD-108, Suite A, Columbia, MD 21044. Click [here](https://namihowardcountymd.org/event/sunday-suppers/2025-07-20/) to learn more.

**Title:** Visualizing the Garden Within: A Permaculture Practice

**Description**: In this free 12-part workshop series, each 2-hour class begins with a guided visualization to explore how each permaculture principle applies to the garden. Then, we head into the garden for 90 minutes of practical activities like composting, soil building, planting, and creating habitat for pollinators.

**Date and Time:** Saturday, June 21 thru September 13, 2025, 8:00 – 10:00 am.

**Location:** 10901 Little Patuxent Parkway Columbia, MD 21044 (Howard Community College).

Click [here](https://www.eventbrite.com/e/visualizing-the-garden-within-a-permaculture-practice-tickets-1364423821379?aff=oddtdtcreator) to register.

**Title:** Living Well: Chronic Disease Self-Management

**Description:** The Office of Aging and Independence (OAI) Living Well program offers free, evidence-based workshops where participants meet weekly in small groups to learn practical self-management tools to improve their nutrition and exercise habits, manage stress and create an action plan for success. Select workshops are available in English, Korean and Spanish, and focus on chronic disease, diabetes, and chronic pain self-management.

**Date and Time, and Location:** Varies. Please click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&activity_select_param=2&activity_department_ids=2&activity_keyword=living%20well&viewMode=list) to learn more and to register.

**Title:** Prostate Cancer Support Group

**Description**: Howard County Man to Man Support Group serves and supports men in the Howard County and surrounding areas who wish to meet with others facing issues involving Prostate Cancer.

**Date and Time:** In-person meetings are at the Bain 50+ Center (5470 Ruth Keeton Way, Columbia, MD 21044) on the third Wednesday of each month; Virtual Meetings are the second Thursday every month, 7:00 – 8:30 pm. Click [here](https://www.findhelp.org/howard-county-man-to-man-support-group--columbia-md--prostate-cancer-support-group/5000567238557696?postal=21044) for more information.

**Title:** America Works of Maryland, Inc., HoCo SNAP Sessions

**Description**: Do you need a job and live in Howard County? Are you receiving or eligible to receive food stamps. Join our Howard County Snap New Enrollment Session every Tuesday at 12 pm.

**Date and Time:** Every Tuesday of each month, at 12:00 pm. Register [here](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_NWM5ZjE5ZGYtNDE0OC00OGM1LWJkYmUtMTBkMmJiOTFmNTg5%40thread.v2/0?context=%7b%22Tid%22%3a%229b2fe9f2-3bf0-46bb-ab42-2256d42b7ec0%22%2c%22Oid%22%3a%228832d882-747e-4127-bd52-30483fe4141a%22%7d).

**Title:** Dance Fitness Classes

**Description**: Free – Participants are asked to bring nonperishable food items to donate if able. Organized by the social justice ministry at St. John the Evangelist Catholic Church. All are welcome!

**Date and Time:** Every Monday at 6:00 pm and Saturday at 9:00 am each month. From April 28th through October 25th, 2025.

**Location:** St. John the EvangelistCatholic Church, 10431 Twin Rivers Rd., Columbia, MD 21044.

**Title:** Living Well: Diabetes Self-Management (Spanish)

**Description:** This Evidence-based diabetes self-management program is designed for people and/or their caregivers living with Diabetes. This program will be hosted in Spanish. Weekly topics include goal setting, action planning, glucose monitoring, skin and foot care, appropriate exercise, nutrition, and healthy eating and maintaining a balanced blood sugar. This program meets for 2.5 hours for six consecutive weeks.

**Date and Time:** Saturdays, October 4 thru November 8, 2025, 10:30 am – 1:00 pm.

**Location:** Central Library Howard County, 10375 Little Patuxent Pkwy, Columbia, MD 21044.

Click [here](https://howardcounty.librarycalendar.com/event/living-well-diabetes-self-management-6-week-course-placeholder-309950) to learn more and to register.

**Title:** 2025 Savage 7k and 1-mile Historic Walk

**Description**: Registration is now live for the 2025 Savage 7K and 1-Mile Historic Walk to raise funds for preserving our historic community center. Projects slated for funds from the 2025 event include water sealing the exterior stone walls and insulating the attic. Whether you'd like to participate by running or prefer to support the Hall by joining the historic walk or making a charitable contribution, there are many ways to help ensure this community treasure is maintained for future generations.

**Date and Time:** Sunday, October 26, 8:00 – 9:30 am, Carroll Baldwin Hall, 9035 Baltimore St., Savage, MD 20763. Click [here](https://www.carrollbaldwinhall.org/savage7k?utm_campaign=0422df18-6fd2-4000-8a56-ff914e0575b6&utm_source=so&utm_medium=mail&cid=963721ac-531e-4b62-ac11-aa76dacb61aa) for more information.

**Title**: Indian Cultural Association of Howard County Health Fair

**Description**: Don't miss the chance to connect with local health professionals, community organizations, and fellow wellness enthusiasts. This event is a great opportunity to network, make new friends, and discover local resources that can support your health journey.

**Date and Time**: Saturday, September 20 and Sunday, 21, 2025, 12:00 - 6:00 pm.

**Location**: Howard County Fair Grounds, 2210 Fairgrounds Rd, West Friendship, MD 21794. Click [here](https://www.facebook.com/share/1DyNVP6YWB/) to learn more.

**HEALTHY MINDS**

**Title:** National Night Out

**Description**: Every year on the first Tuesday in August, communities and law enforcement in Howard County gather for a positive and enjoyable evening together to reinforce their partnership and support the common goal of creating a safe and secure place for their citizens to live, work, and play.

**Date and Time:** Tuesday, August 5, 2025, 5:00 - 8:00 pm.

**Location:** Blandair Park East, 5749 Oakland Mills Road, Columbia, MD 21045. More information [here](https://www.howardcountymd.gov/police/national-night-out-1).

**Title:** Africans for Mental Health Online Adult Mental Health First Aid Training

**Description**: Mental Health First Aid® teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in adults. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing

a mental health or substance use problem or experiencing a crisis.

**Date and Time:** Tuesday, August 12 and Wednesday, August 13, 2025, from 12:00 pm - 3:00 pm

**Location:** Virtual. Click [here](http://www.africansformentalhealth.org/trainings) to register.

**Title:** 9th Annual International Overdose Awareness Day

**Description**: Howard County invites the community to gather at St. John's Episcopal Church in Ellicott City for an evening dedicated to overdose prevention and healing. The event includes rescue demonstration, Naxalone training, heartfelt stories from families, an opportunity to interact with county and state leaders, and many more.

**Date and Time:** Sunday, August 31, 2025, from 6:00 pm - 8:30 pm

**Location:** St John's Episcopal Church, 9120 Frederick Road Ellicott City, MD 21042. Click [here](https://www.eventbrite.com/e/2025-international-overdose-awareness-day-of-howard-county-tickets-1424978592329?aff=oddtdtcreator&fbclid=IwZXh0bgNhZW0CMTAAYnJpZBExTVBXZW1QdFNkZk4zYnN2bQEe9a3j5An7hA9L_a7zQjSd3fks8htWtzyrqqrNfCk7qnYyAXtIYZsngecRTIU_aem_OEAdIKiuGZtkphGudAtTTQ) to register.

**Title:** Parent CRAFT

**Description**: Parent CRAFT is a self-paced online video course that teaches parents, caregivers, and concerned others solution-focused, practical skills and techniques needed to meet the risks of substance use. This free resource is available in Spanish. Parent CRAFT is available to all Maryland parents and caregivers through Maryland Family and Youth Interventions for Substance Use.

**Date and Time:** Self-paced.

**Location:** Virtual. Click [here](https://www.cadenceonline.com/maryland/?mc_cid=a83f94e683&mc_eid=dc54dfc3d0) to register.

**Title:** National Alliance on Mental Illness (NAMI) Family Support Group

**Description**: NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges by utilizing their collective lived experiences and learning group wisdom. Groups meet weekly, every other week or monthly, depending on location. Free and held virtual via Zoom.

**Date and Time:** (**In-person:** Owen Brown Interfaith Center, Room 180)Second Tuesday of each month, at 7:30 pm. Register [here](https://namihowardcountymd.org/series/in-person-family-support-group/).

**(Virtual)** Third Friday of each month at 7:30 pm. Register [here](https://namihowardcountymd.org/series/online-family-support-group/).

**Title:** NAMI Connection Support Group

**Description:** Apeer-led group for any adult (18+ years old) who has experienced symptoms of mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

**Date and Time**: Second and Fourth Monday of each month, 6:30 pm. Click [here](https://namihowardcountymd.org/series/online-connection-support-group-2nd-mondays/) to register.

**Title:** Walk with Us to Prevent Suicide

**Description:** The American Foundation for Suicide Prevention (AFSP) organizes the "Out of the Darkness Walks" in communities nationwide to raise awareness and funds for suicide prevention. These walks provide an opportunity to show support for mental health and remember those affected by suicide.

**Date and Time**: Saturday, September 27, 2025. Check-in starts at 9:00 am. Event starts at 10:00 am. Click [here](https://afspwalks.donordrive.com/HoCo) to register.For more information, please contact Jessica Fisher at jefisher@howarwdcountymd.gov or call at 410-313-0616.

**UPCOMING COMMUNITY EVENTS**

**Title:** Mt. Gregory United Church: Community Day

**Dates and Time:** Saturday, August 16, 2025, 12:00 – 5:00 pm

**Location:** 2325 Rt. 97 Cooksville, MD 21723

**Title:** Howard County Department of Community Resources and Services (DCRS) Dads and Strollers

**Dates and Time:** Thursday, August 21, 2025, 5:30 – 7:00 pm

**Location:** Centennial Park: 10000 Clarksville Pike, Ellicott City

**Title:** Fall Prevention Week Kick Off - Open House with OAI & HCLHIC

**Dates and Time:** Thursday, September 4, 2025, 10:00 am – 3:00 pm

**Location:** Centennial Park: Park View at Ellicott City II (8700 Ridge Rd, Ellicott City, MD 21043)

**Title:** Park View at Ellicott City Resource Fair

**Dates and Time:** Tuesday, September 9, 2025, 11:00 AM-2:00 PM

**Location:** Park View at Ellicott City (8700 Ridge Rd, Ellicott City, MD 21043)

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**OTHER RESOURCES/RESEARCH/ARTICLES**

## Healthy Beginnings

* Resource: Environmental Influences on Child health Outcomes (ECHO) Program. [Link](https://echochildren.org/).
* Resource: CDC NIS-Child Breastfeeding Data. [Link](https://www.cdc.gov/breastfeeding-data/survey/results.html).
* Resource: Breastfeeding Data Available
* Webinar: Pre-pregnancy BMI and Gestational Weight Gain: New Evidence, Emerging Innovations, and Policy Implications. [Link](https://www.nationalacademies.org/event/45418_09-2025_prepregnancy-bmi-and-gestational-weight-gain-new-evidence-emerging-innovations-and-policy-implications-a-workshop?utm_source=email&utm_medium=button&utm_id=PrepregnancyBMI092025).
* Article: Prevalence and Correlates of Healthy Behaviors Among Children Age 3–5 Years. [Link](https://www.ajpmonline.org/article/S0749-3797%2825%2900079-0/abstract).
* Webinar: Hypertension in Pregnancy Action Forum. [Link](https://us02web.zoom.us/meeting/register/r1EYbavGQQSBIjcqpNQKQA#/registration).
* Webinar: Building Policy, Supporting Families: Advancing Breastfeeding Initiatives Together. [Link](https://naccho.zoom.us/webinar/register/WN_JsQfzfxATnyAd_vZGbzDCg#/registration).
* Resource: CDC’s Early Childhood Nutrition Report 2025. [Link](https://www.cdc.gov/nutrition/media/pdfs/2025/06/CDC-EarlyChildhoodReport-6-2025-508.pdf).
* Article: Five Ways Medicaid Can Strengthen Pediatric Screenings Through School-Based Health Care. [Link](https://www.chcs.org/five-ways-medicaid-can-strengthen-pediatric-screenings-through-school-based-health-care/?utm_source=CHCS+Email+Updates&utm_campaign=71e2896716-Helmsley+School+Blog+Post_7%2F8%2F2025&utm_medium=email&utm_term=0_-71e2896716-493510513).
* Webinar: Reducing Stigma Associated with Fetal Alcohol Spectrum Disorders (FASDs). [Link](https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/promoting-free-pregnancies-and-addressing-fetal-alcohol-spectrum-disorders-fasds).
* Resources: Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.

## Healthy Living

* Webinar: When Guidelines Make Headlines: American Perceptions of U.S. Dietary Guidance and Food Labeling. [Link](https://ific.org/resources/continuing-education/when-guidelines-make-headlines-american-perceptions-of-u-s-dietary-guidance-food-labeling/).
* Article: USDA Releases the Food and Nutrition Assistance Landscape Report. [Link](https://www.ers.usda.gov/publications/pub-details?pubid=112883).
* Webinar: Strengthening the GRAS Process to Improve Food Additive Safety and Protect Human Health. [Link](https://discover.nutrition.org/content/strengthening-gras-process-improve-food-additive-safety-and-protect-human-health).
* Webinar: Connect & Explore: Nutritional Implications of GLP-1 Medications in Obesity Care. [Link](https://fhi360-org.zoom.us/webinar/register/WN_ReY72CX_QtaOAMzagVl8Mw#/registration).
* Article: Genetic Test Predicts obesity in Childhood. [Link](https://www.eurekalert.org/news-releases/1091391).
* Article: U.S.-Born Latinos Have Higher Rates of Obesity Compared to Foreign-Born Latino and White Youth. [Link](https://www.eurekalert.org/news-releases/1092747).
* Webinar: Food Safety Culture Webinar: How to Turn a Problem into an Opportunity. [Link](https://consumerbrandsassociation.zoom.us/webinar/register/WN_pgBfFrJsSp2AXJz_K39FuQ#/registration).
* Webinar: Quick-Builds in Indian Country: Advancing Road Safety through Community Engagement. [Link](https://us06web.zoom.us/webinar/register/WN_NXci_fJzSySwyzvG8QoNag#/registration).
* Video: Exploring the Treatment and Management of Chronic Pain and Implications for Disability Determination. [Link](https://vimeo.com/showcase/11686542/embed).
* Article: HHS, FDA and USDA Address the Health Risks of Ultra-Processed Foods. [Link](https://www.fda.gov/news-events/press-announcements/hhs-fda-and-usda-address-health-risks-ultra-processed-foods?utm_medium=email&utm_source=govdelivery).
* Training: 2025 Physical Activity & Public Health Research Courses. [Link](https://web.asph.sc.edu/paph/research-course/).
* Article: How exercise can protect against Alzheimer’s. [Link](https://www.nih.gov/news-events/nih-research-matters/how-exercise-can-protect-against-alzheimers).
* Article: FDA Releases 2025 Human Foods Program Guidance Agenda. [Link](https://www.fda.gov/food/hfp-constituent-updates/fda-releases-2025-human-foods-program-guidance-agenda?utm_medium=email&utm_source=govdelivery).
* Resource: New Cancer Prevention Report Released: Dietary and Lifestyle Patterns. [Link](https://www.aicr.org/resources/blog/new-cancer-prevention-report-released-dietary-and-lifestyle-patterns/?utm_medium=email&utm_source=WK6CF1W&utm_campaign=W256CF&sl_tc=&sourceid=WK6CF1W&eType=EmailBlastContent&eId=69854106-ece1-4214-89a0-7a6a9548a628).
* Resource: Targeted Therapies: Precision Weapons in the War on Cancer. [Link](https://www.aicr.org/resources/blog/targeted-therapies-precision-weapons-in-the-war-on-cancer-donors/?utm_source=WK6CF1W&utm_campaign=W256CF&utm_medium=email&eType=EmailBlastContent&eId=69854106-ece1-4214-89a0-7a6a9548a628).
* Article: FDA Updates General Food Labeling Requirements Compliance Program. [Link](https://www.fda.gov/food/hfp-constituent-updates/fda-updates-general-food-labeling-requirements-compliance-program?utm_medium=email&utm_source=govdelivery).
* Resource: Office of Nutrition Research Strategic Plan. [Link](https://dpcpsi.nih.gov/onr/onr-strategic-plan).
* Resource: Clinical Preventive Services for Addressing Cardiovascular Disease Risk to Reduce Pregnancy-Related Deaths Among Women. [Link](https://www.nationalacademies.org/en/event/45171_06-2025_clinical-preventive-services-for-addressing-cardiovascular-disease-risk-to-reduce-pregnancy-related-deaths-among-women-meeting-3?utm_source=HMD+Email+List&utm_campaign=417513b2d6-EMAIL_CAMPAIGN_2025_06_16_06_27&utm_medium=email&utm_term=0_-417513b2d6-180878116&mc_cid=417513b2d6&mc_eid=c6e469f632).
* Article: Community Health Worker Programs Supporting Older Adults. [Link](https://bettercareplaybook.org/collections/community-health-worker-programs-supporting-older-adults?utm_source=CHCS+Email+Updates&utm_campaign=2a46a03843-CHCS+Monthly+Newsletter_5%2F29%2F2025&utm_medium=email&utm_term=0_-886c344b39-493510513).
* Article: FDA Approves Three Food Colors from Natural Sources. [Link](https://www.fda.gov/news-events/press-announcements/fda-approves-three-food-colors-natural-sources?utm_medium=email&utm_source=govdelivery).

## Healthy Minds

* Resource: Public Comment Opportunities on USPSTF Alcohol Evidence Review and Recommendations. [Link](https://www.uspreventiveservicestaskforce.org/uspstf/public-comments-and-nominations/opportunity-for-public-comment).
* Training: Community-Based Suicide Prevention for Local Health Departments. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnacchouniversity.maplelms.com%2Fcourse%2Fview.php%3Fid%3D159&data=05%7C02%7Cajordan%40howardcountymd.gov%7C29edefa9f6ec437e50e408ddd0fa1872%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638896494746224102%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ktmpRSrc5QrnF71wQliuiitcldbvZv3t2t%2B6WoP3F6o%3D&reserved=0).
* Article: Partnering with People with Lived Experience of Behavioral Health to Guide Reform Strategies. [Link](https://www.chcs.org/partnering-with-people-with-lived-experience-of-behavioral-health-to-guide-reform-strategies-firsthand-reflections/?utm_source=CHCS+Email+Updates&utm_campaign=2a46a03843-CHCS+Monthly+Newsletter_5%2F29%2F2025&utm_medium=email&utm_term=0_-886c344b39-493510513).
* Resource: ADA Mental Health Provider Directory. [Link](https://diabetes.org/tools-resources/mental-health-directory?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfvw5q9bbYRTUp1sgonG-HbC9SISQDe2pJ6pF9PsAJgffaBiyuf6SPJBv_i3Jel1s5p2NXOr8PuxFoM6WdL6i1k40yFk0Zj3Onj8GA9P4).
* Resource: Meaningfully Engaging People with Lived Experience in Behavioral Health Reform: A Guide for States. [Link](https://www.chcs.org/resource/meaningfully-engaging-people-with-lived-experience-in-behavioral-health-reform-a-guide-for-states/?utm_source=CHCS+Email+Updates&utm_campaign=10d375368c-FCP+Engagement+Guide_3%2F25%2F2025&utm_medium=email&utm_term=0_-10d375368c-493510513).
* Resource: Maryland Center of Excellence on Problem Gambling Awareness Toolkit for Community Health Organizations, Providers, and Preventionists. Click [here](https://files.constantcontact.com/0101ff14301/5dcccc36-4f48-498c-9adf-a966c83aa117.pdf?rdr=true) to download.
* Study: Vaping Does Not Help U.S. Tobacco Smokers Quit. [Link](https://today.ucsd.edu/story/study-vaping-does-not-help-u.s-tobacco-smokers-quit).
* Article: Mental illness stigma in Black, Latina/o, and Asian Americans. [Link](https://pubmed.ncbi.nlm.nih.gov/39695056/).
* Resource: Advising People on Using 988 Versus 911: Practical Approaches for Healthcare Providers. [Link](https://www.samhsa.gov/resource/ebp/advising-people-using-988-versus-911-practical-approaches-healthcare-providers?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery).
* Article: Primary Care Can Play Key Role in Suicide Prevention. [Link](https://www.nimh.nih.gov/news/science-news/2024/primary-care-can-play-key-role-in-suicide-prevention).
* Article: Centering Lived Experience in Developing Behavioral Health Quality Measures. [Link](https://www.chcs.org/resource/what-we-measure-matters-centering-lived-experience-in-developing-behavioral-health-quality-measures/#:~:text=Partnering%20with%20people%20with%20lived,program%20design%2C%20and%20quality%20measures.).
* Article: Preventing and Treating Dementia: Research Priorities to Accelerate Progress. [Link](https://www.nationalacademies.org/our-work/research-priorities-for-preventing-and-treating-alzheimers-disease-and-related-dementias?utm_source=HMD+Email+List&utm_campaign=11e6862975-EMAIL_CAMPAIGN_2024_12_16_07_30&utm_medium=email&utm_term=0_-11e6862975-180878116&mc_cid=11e6862975&mc_eid=c6e469f632#sl-three-columns-ce213930-7b22-4cef-8be2-64ddec07ef4e).
* Video: Suicide Prevention and Understanding Grief. [Link](https://vimeo.com/880700760?share=copy).
* Resource: Make an appointment in one of the Care Talks at 50+ Centers. [Link](https://anc.apm.activecommunities.com/howardcounty/activity/search?activity_select_param=2&date_after=2024-11-19&activity_keyword=care%20talk&viewMode=list).
* Recording: Resources on Bridging and Belonging to Strengthen Social Connections. [Link](https://www.youtube.com/watch?v=ijdhaiUGq4g).