June 3, 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, July 17th, 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 Good Vibes Event is on June 5. Click [here](https://www.howardcountymd.gov/goodvibes) to learn more and to register.
* Howard County Department of Housing and Community Development will host two OPEN HOUSE events. Click [here](https://members.acshoco.org/resources/DHCD_CommunityInputSessions.pdf) for more information.
* Sign up for the Savage Mill Community Blood Drive. Click [here](https://www.savagemill.com/event/savage-mill-community-blood-drive-4/2025-06-19/) for more information.
* 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 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/).
* The 2024 Howard County Health Assessment Survey Report is now available. Click [here](https://www.hclhic.org/Content/Upload/page/4fe51b40-6801-4928-b160-b7024d79b726.pdf) to view.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Maryland Department of Health has launched myMDThink, an easy-to-use Benefits Screener. Click [here](https://mymdthink.maryland.gov/home/#/) to learn more.
* 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:** 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:** 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:** The Hearst Foundations assist leading regional hospitals, medical centers and specialized medical institutions providing access to healthcare for high-need populations. In response to the shortage of healthcare professionals necessary to meet the country’s evolving healthcare demands, the Foundations also 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:** Systems for Action: Community-Led Systems Research to Address Systemic Racism

**Description:** This 2025 call for proposals (CFP) will provide funding for a new cohort of community-led pilot studies to produce new, actionable evidence about how to help medical, social, and public health systems work together to address forms of systemic racism. This CFP focuses specifically on systems alignment (SA) interventions that have the potential to dismantle or disrupt the health effects of systemic racism and to positively affect the health and wellbeing of communities that experience systemic racism.

**Applications Deadline: June 4, 2025, at 3 pm**. Click [here](https://www.rwjf.org/en/grants/active-funding-opportunities/2025/systems-for-action-community-led-systems-research-to-address-systemic-racism.html) for more information.

**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.

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

these events, please contact the event organizers directly.

##  HEALTHY BEGINNINGS

**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 CA 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.

**Location**: 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:** The Momma’s Circle – Howard County

**Description:** The Mommas Circle is a postpartum education and support group created to promote the wellness of mothers through expert-led discussions and holistic wellness practices. Sessions address key maternal health topics such as postpartum depression, anxiety, physical recovery, and body image, and include activities like yoga, meditation, and music therapy.

**Dates and Times:** Saturdays, June 7 and June 14, 2025, 11:00 am – 1:00 pm.

**Location:** East Columbia Branch - Howard County Library System, 6600 Cradlerock Way Columbia, MD 21045. Click [here](https://www.eventbrite.com/e/the-mommas-circle-howard-county-tickets-1353548172019?aff=ebdssbdestsearch) to learn more and to register.

**Title**: Diaper and Feminine Care Giveaway

**Description**: The Washington Ghanaian Seventh-day Adventists Church is hosting a diaper and feminine care giveaway. Free diapers and feminine care products while supplies last. Come pick up free diapers and free feminine care products!

**Date and Time**: Friday, June 13, 12:00 pm – 3:00 pm

**Location**: 6080 Foreland Garth, Columbia, MD, 21045. Click [here](https://www.facebook.com/share/p/1Fm6SkBLFs/) to learn more.

**Title**: Children's Day Extravaganza!

**Description**: Bring your family to celebrate International Children’s Dat at the unique Green Farmacy Garden in Fulton, MD! Kids of all ages welcome to explore and connect with nature in facilitated and self-directed ways including nature art activities, nature museum, and vermicomposting demonstration.

**Date and Time**: Sunday, June 8, 1:00 pm – 5:00 pm

**Location**: Jim Duke’s Green Farmacy Garden, 8210 Murphy Road, Fulton, MD, 20759. Click [here](https://www.eventbrite.com/e/childrens-day-extravaganza-tickets-1355376470509?aff=CEIWs) to learn more.

**Title:** Dorsey’s Search Summer Soiree

**Description:** The event will feature a DJ, Sand Art Craft Station, Daisy Duck and Buzzy the Bee characters, face painting, bubble interactive character, games, a petting zoo, and a Spring selfie station. (Please note the event scheduled for April 26th has been rescheduled to June 28th due to rain.)

**Date and Time:** Saturday, June 28, 1:00 – 4:00 pm.

**Location:** 4765 Dorsey Hall Dr, Ellicott City, MD 21042. Click [here](https://dorseyssearch.shopkimco.com/events) for more information.

**HEALTHY LIVING**

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

**Description:** Offered in Korean, this FREE six-week diabetes disease self-management program is designed for people living with type 2 diabetes and/or their caregivers. Weekly sessions cover topics like glucose monitoring, skin and foot care, exercise, nutrition, healthy eating and balancing blood sugars.

**Date and Time:** Tuesdays, May 6 – June 10, 2025, 9:30 am – 12:00 pm.

**Location:** First Korean Presbyterian Church, 8430 Glenmar Road, Ellicott City 21043. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/144051?onlineSiteId=0&from_original_cui=true) 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:** Law Enforcement Torch Run for Special Olympics

**Description**: You can now register for the 2025 Maryland Law Enforcement Torch Run! The Torch Run has historically been all about awareness for Law Enforcement support of Special Olympics Maryland but this year you can raise money for Special Olympics Maryland athletes while raising awareness! Registration is easy and open to any law enforcement agency member, military personnel or civilian that would like to participate.

**Date and Time:** Friday, June 6, 2025, 8:30 am – 12:00 pm

**Location:** 14800 Carrs Mill Road, Woodbine, MD 21723 (Western Regional Park, Pavilion 5).

Click [here](https://endurancecui.active.com/new/events/94410617/select-race?error=login_required&state=d975aa00-0642-4a61-aac2-72e8b2491b2c&_p=6893049460058853&e4q=466ac04e-2f6f-4b25-85b9-2f7796889c9d&e4p=c4f975b9-9592-43b4-b995-a09ef19144ab&e4ts=1745516591&e4c=active&e4e=snawe00000000&e4rt=Safetynet&e4h=39ceb5b0c81c5877cc81b31c4ca6d5a2) to register.

**Title:** UnLearn University Annual Conference

**Description**: Join Columbia Community Care and the Anti-Racist Education Alliance for a day filled with insightful talks, engaging workshops, and networking opportunities. Our event brings together thought leaders, educators, activists, advocates and students eager to unlearn and reframe what they've been taught by society and conventional curricula.

**Date and Time:** Saturday, June 7, 2025, 10:00 am – 4:00 pm

**Location:** Wilde Lake High School, 5460 Trumpeter Road Columbia, MD 21044

Click [here](https://www.eventbrite.com/e/unlearn-university-annual-conference-tickets-1274879562089) to register.

**Title:** Ohana of Howard County Annual 5K & 1-Mile Fun Walk & Run

**Description**: Join Ohana of Howard County for the OhanaHC 5K & 1 Mile Walk/Run and End-of-Year Celebration—a special event to honor our mentees, graduates, seniors, and dedicated volunteers. After the race, stick around to celebrate OhanaHC’s Five-Year Anniversary with music, food, games, ice cream, photo booths, and a few special surprises.

**Date and Time:** Sunday, June 8, 2025, 10:00 am – 1:00 pm

**Location:** 7000 Columbia Gateway Dr, Columbia, MD 21046

Click [here](https://ohanaofhowardcountyinc.wildapricot.org/event-6102528) to register.

**Title:** Matzohball 5k Run

**Description:** This event continues to offer both the 5k event and the 1-mile fun run/walk. This year's run will be held at the beautiful Howard County Western Regional Park. Proceeds go to HopeWorks and Grassroots.

**Date and Time:** Sunday, June 8, 2025, 8:00 am

**Location:** Western Regional Park, 14800 Carrs Mill Rd, Woodbine, MD US 21797. Click [here](https://runsignup.com/Race/MD/EllicottCity/Matzohball5K1MileFunRun) to learn more and to register.

**Title:** Men’s Health Seminar

**Description**: Join the Howard County Office on Aging and Independence for a Men’s Health Seminar. From exercise, nutrition and taking a real look at what can benefit your body as you age, it is time to re-evaluate your health. According to INTIGRIS Health, Men are 33% less likely to see a doctor than women. We will focus on the benefits of preventative health, natural ways to improve your physical being internally and externally as you age and help you create a personal plan for moving forward in a healthy, happy direction for your body.**Date and Time:** Sunday, Tuesday June 10, 2025, 11:30 am – 12:30 pm

**Location:** Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City, MD 21042

Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/150483?onlineSiteId=0&from_original_cui=true) to register.

**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 am – 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:** 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 pm – 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 6:00pm and Saturday at 9:00 am each month. From April 28th through October 25th.

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

**Title:** Maryland Physicians Care DanzaTone

**Description**: Join Coaching Salud Holistica for 4 FREE dynamic and invigorating virtual Fitness & Dance classes led by the fitness instructor JennyO, all in support of Maryland Physicians Care's mission to promote a healthy lifestyle. This exclusive event is a private classes series, open to anyone who registers in advance.

**Date and Time:** Tuesday, July 22, 2025. Click [here](https://docs.google.com/forms/d/e/1FAIpQLSeIphunIdkzuYvmgKCKU2SEw_-AjdL5TOBVTd11Be8HNRWTnw/viewform) to register.

**HEALTHY MINDS**

**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:** Good Vibes and Voices Concert and Event

**Description**: Learn about local resources for service members, veterans, and their families.

**Date and Time:** Thursday, June 5, 2025, 6:00 – 8:00 pm

**Location:** Rockburn Branch Park, West, 6105 Rockburn Branch Park Road, Elkridge, MD 21075. Click [here](https://endurancecui.active.com/new/events/94159107/select-race?error=login_required&state=588c197f-0a02-467e-ba5d-80384276bfb5&_p=9938098298659364&e4q=a708018c-f219-4232-98ac-2c2adcd9f720&e4p=d539cc09-9097-471b-8943-399ffc9d1e38&e4ts=1745927451&e4c=active&e4e=snawe00000000&e4rt=Safetynet&e4h=8b0d1c0269d8e4fd2d36eb3bfe219103) to register.

**Title:** Howard County-Wear Orange Community Event

**Description**: Join Moms Demand Action at the Downtown Columbia Lakefront for the 11th Annual Wear Orange Day event. This event honors gun violence survivors and brings the community together with people who are working to end gun violence. We encourage attendees to wear orange and join us at the end of the program. We will walk around Lake Kittamaqundi to remember the lives lost to gun violence. Please bring a lawn chair.

**Date and Time:** Saturday, June 6, 2025, 5:00 pm – 6:00 pm

**Location:** Lake Kittamaqundi Lakefront Stage, 10275 Wincopin Cir, Columbia, MD 21044

Click [here](https://forms.everytown.org/a/md-howard-county-wear-orange-community-event-1) to register.

**Title:** Perfect Generation Ministries, Inc. Wear Orange Gun Violence Community Unity Awareness Event

**Description**: Perfect Generation Ministries, Inc. (PGM Family) will be having our 4th Annual PGM'S Wear Orange Gun Violence Community Unity Awareness Event.

**Date and Time:** Saturday, June 7, 2025, 11:00 am – 3:30 pm

**Location:** St. John Baptist Church, 9055 Tamar Dr, Columbia, MD 21045

Click [here](https://www.eventbrite.com/e/pgms-wear-orange-gun-violence-community-unity-awareness-tickets-1317943477419?aff=oddtdtcreator) to register.

**Title:** How Do Parents Talk to Teens about Substance Use?

**Description:** All HCPSS parents/guardians are invited to take part in a series of free workshops to discuss the challenges of youth substance use. Each session will begin with a brief 10-15 minute presentation on a youth substance use topic. Parents will then be invited to ask questions. This is a safe place to meet and learn more about current concerns that our children are experiencing related to mental health and substance health.

**Date and Time:** Wednesday, June 11, 2025, 6 – 7 pm

**Location:** Virtual. Click [here](https://docs.google.com/forms/d/e/1FAIpQLSf68PE8Kl1Tb9pbD8M4BmpfIr_qMg8W8muWL6M6MvbUAN8Aiw/viewform) to learn more on how to register.

**Title:** The Power of Connection

**Description**: The Village in Howard invites you to discover how learning, social interaction, and volunteering can contribute to a sense of purpose in later life. The Village in Howard is a non-profit, member-based volunteer group that helps members stay active and live independently in their community.

**Date and Time:** Thursday, June 12, 2025, 11:00 am – 12:00 pm

**Location:** Ellicott City 50+ Center, 9401 Frederick Rd, Ellicott City, MD, 21042

Click [here](https://thevillageinhoward.clubexpress.com/content.aspx?page_id=4091&club_id=855297&item_id=2540245) to register.

**Title:** Behavioral Health Resource Fair

**Description**: Join the Howard County Bureau of Behavioral Health for a Behavioral Health Resource Fair. Resources available include mental health resources; substance use resources; Naloxone training; peer support/harm reduction; STI/HIV information; suicide prevention resources; free prizes and goodie bags!

**Date and Time:** Saturday, June 14, 2025. 10:00 am – 2:00 pm. Click [here](https://www.howardcountymd.gov/sites/default/files/2025-04/Behavioral%20Health%20Resource%20Fair%20Flier%20ENG%20-%204-10-2025.pdf) for more information.

**Title:** Howard County Behavioral Health Training

**Description**: Hosted by Prosperous Relationships. This workshop aims to foster culturally responsive relationships, examine cultural, social, historical, and personal factors that impact the counseling relationship, understand culturally responsive strategies to better connect with clients.

**Date and Time:** Monday, June 16, 2025. 1:00 pm – 3:00 pm. Register [here](https://us02web.zoom.us/meeting/register/OBUeK5vgSreBJjnrbretrg#/registration).

**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.

**UPCOMING COMMUNITY EVENTS**

**Title:** Laurel Woods Elementary School Block Party & Resource Fair

**Date and Time:** Saturday, June 7, 2025, 11:00 am – 1:00 pm

**Location:** Laurel Woods Elementary School**,** 9250 North Laurel Road, Laurel, MD, 21073

**Title:** Savage Fest

**Date and Time:** Saturday, June 7, 2025, 10:00 am – 5:00 pm

**Location:** Baldwin Common and Carroll Baldwin Hall, Corner of Foundry & Baltimore streets, 9035 Baltimore Street, Savage, MD, 20763

**Title:** Health and Wellness Summer Kick Off

**Date and Time:** Friday, June 13, 2025, 4:00 pm – 6:00 pm

**Location:** Legacy at Twin Rivers, 10401 Twin Rivers Road, Columbia, MD, 21044

**OTHER RESOURCES/RESEARCH/ARTICLES**

## Healthy Beginnings

* Resource: American Diabetes Association (ADA) Camp: Igniting Change, Endless Possibilities. [Link](https://diabetes.org/camp?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfv2XLOL_EJcdahA89KRvz1JveEmbtoMGiqifGwXREEh7CI1YS3qAuaI036e4a8XYCCfkRh0aGNVJ-VRB2tfek4Frx2y0RD4Tp-oPPhgc).
* Webinar: Pregnancy and Parents with Babies Program (Session on the Impact of Smoking on Pregnancy). [Link](https://us06web.zoom.us/meeting/register/JFQiQd7YS5WMGzbiLzbl9A#/registration).
* Resource: Addressing Childhood Obesity. [Link](https://newsinhealth.nih.gov/2025/05/addressing-childhood-obesity).
* Resource: PBS Kids – Helping Kids Cope with Crisis. [Link](https://ppmd.app.box.com/s/d7viivefbh8a09kr10caatnwipx6h2cl).
* Webinar: Weitzman ECHO Childhood Trauma for Integrated Primary Care 2025. [Link](https://education.weitzmaninstitute.org/content/weitzman-echo-childhood-trauma-integrated-primary-care-2025?mc_cid=d50c5890a5&mc_eid=e292b42519#group-tabs-node-course-default5).
* Resource: New Toolkit Empowers Healthcare Providers with Evidence-Based Strategies for Childhood Obesity Prevention and Treatment. [Link](https://www.greauxhealthy.org/provider-hub).
* Training: How to Implement Classroom-Based Calming Spaces. [Link](https://static.healthiergeneration.org/programs2/microlearnings/classroom_based_calming_spaces/index.html#/).
* Webinar: Children’s Mental Health Webinar Series with Children’s National Hospital and CareFirst BlueCross BlueShield. [Link](https://childrensnational.zoom.us/webinar/register/WN_vvkNMdapQriWg5uOxQAexw#/registration).
* Article: Center for Disease Control (CDC) – Nicotine Pouches were the second most commonly used tobacco product among youth. [Link](https://www.cdc.gov/tobacco/nicotine-pouches/index.html).
* Training: Check out this 10-minute microlearning for quick and simple ways for your family to prioritize play and physical activity year-round. [Link](https://www.healthiergeneration.org/app/resources/microlearnings/3?utm_source=delivra&utm_medium=email&utm_campaign=FamilyNewsletter_Jan2025&utm_id=8362935).
* Resource: Review free text messages on activities to help boost your child’s learning and brain development. [Link](https://partners.mybliss.ai/basics-insights/HCOOCAF1692).
* Resources: Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.

## Healthy Living

* Webinar: Diverse Approaches to Advancing Social Connectedness and Mental Health in Chronic Disease Work. [Link](https://chronicdisease.zoom.us/webinar/register/WN_CiVYbuBdTQ2N4u14D_l2pQ#/registration).
* 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: The Role of Pharmacists in Innovative Care Models for Adults with Complex Health Needs. [Link](https://bettercareplaybook.org/_blog/2025/13/role-pharmacists-innovative-care-models-adults-complex-health-needs-evidence-roundup?utm_source=CHCS+Email+Updates&utm_campaign=2a46a03843-CHCS+Monthly+Newsletter_5%2F29%2F2025&utm_medium=email&utm_term=0_-886c344b39-493510513).
* Article: Improving Diabetes Outcomes Through Home‑Delivered Healthy Foods and Education. [Link](https://www.chcs.org/resource/improving-diabetes-outcomes-through-home%E2%80%91delivered-healthy-foods-and-education-farmboxrx-and-molina-healthcare/?utm_source=CHCS+Email+Updates&utm_campaign=2a46a03843-CHCS+Monthly+Newsletter_5%2F29%2F2025&utm_medium=email&utm_term=0_-886c344b39-493510513).
* Webinar: Addressing Food Insecurity for Medicaid Populations: North Carolina's Healthy Opportunities Pilot. [Link](https://bettercareplaybook.org/resources/addressing-food-insecurity-medicaid-populations-lessons-north-carolinas-healthy?utm_source=CHCS+Email+Updates&utm_campaign=2a46a03843-CHCS+Monthly+Newsletter_5%2F29%2F2025&utm_medium=email&utm_term=0_-886c344b39-493510513).
* Resource: The Science of Biotics: Health Benefits, Product Assessments, and Culinary Applications. [Link](https://us02web.zoom.us/webinar/register/2017458659904/WN_afY4vFPRRompYF-_KmFsig?utm_source=PepsiCo+Professional+Network&utm_campaign=abd6a9ba07-EMAIL_CAMPAIGN_2025_05_21_25&utm_medium=email&utm_term=0_-8c929ded0e-103570570#/registration).
* Webinar: Obesity Care: Medications, Technology, and Tips. [Link](https://diabetes.org/form/ask-the-experts-obesity-care-med?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfvn58hh5zmnHPASobbdQWp44LrcHgm9izdf2y67sLLNwlgA1u1kG3JCQtgQEoKVSBJsPf6DeKtLizECg10xVpTqBZ6LoFNdpNSSig6Uk).
* Resource: ADA National Diabetes Prevention Program. [Link](https://diabetes.org/about-diabetes/diabetes-prevention/dpp?source=HealthyLiving&cate=Web&loca=natl&adas=02320&lang=EN&utm_source=HealthyLiving&utm_medium=referral&utm_campaign=dpp).
* Resource: Diabetes-Related Retinopathy Risk Test. [Link](https://diabetes.org/retinopathy-risk-test?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfvtxaT6d3iuH3LWlIQoFFtNBKVIuI57dTQMB_QaLbDCteL0WBG88JPSdUbWsHAkgcCmenofh8zlCUHO4ALb8s7R923GCtKlsUHkIHgKg).
* Resource: The Health Benefits of Gardening. [Link](https://diabetes.org/health-wellness/fitness/benefits-of-gardening?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfv2XwSdf1fJ_Ez0KHREZgGDz54YBKpVEDxpXlnHbjpOnU3IdRksQXUjgHZsHcPHv6hmRpbZC7N8TpAWxe_EBPvAhx2OliGBaWQDQ9QDQ).
* Webinar: European Stroke Organisation Conference 2025 Highlights. [Link](https://heart.zoom.us/webinar/register/WN_UxvgVHVyQyG7TWWMjiWqAg?utm_campaign=llnewsletter&utm_source=email&utm_medium=may25#/registration).
* Webinar: Small Cities and Transit – Why it Matters. [Link](https://us06web.zoom.us/webinar/register/WN_5bsOZ00SRGe-LtQk7FjhTA#/registration).
* 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).
* Article: Help Make America Healthy Again During National Physical Fitness and Sports Month. [Link](https://odphp.health.gov/news/202505/help-make-america-healthy-again-during-national-physical-fitness-and-sports-month?source=govdelivery&utm_medium=email&utm_source=govdelivery).
* Article: Community Health Worker Programs in Primary Care and Community Settings. [Link](https://bettercareplaybook.org/collections/community-health-worker-programs-primary-care?utm_source=CHCS+Email+Updates&utm_campaign=1652660942-CHW+Collection+Refresh+%28CHCS%29_4%2F28%2F2025&utm_medium=email&utm_term=0_-1652660942-493510513).
* Resource: Safeguarding the Food Supply: Integrating Diverse Risks, Connecting with Consumers, and Protecting Vulnerable Populations. [Link](https://nap.nationalacademies.org/catalog/28575/safeguarding-the-food-supply-integrating-diverse-risks-connecting-with-consumers?utm_source=HMD+Email+List&utm_campaign=40b2098cfe-EMAIL_CAMPAIGN_2025_03_04_06_36&utm_medium=email&utm_term=0_-40b2098cfe-180878116&mc_cid=40b2098cfe&mc_eid=c6e469f632).
* Resource: International Food Information Council (IFIC) Food Allergens Toolkit. [Link](https://foodinsight.org/food-allergens-toolkit/).
* Article: Growing US consumption of ultra-processed foods raises concerns about health harms. [Link](https://www.thenationshealth.org/content/55/2/1.3).
* Resource: Physical Activity Alliance - Physical Activity Fast Facts. [Link](https://paamovewithus.org/wp-content/uploads/2025/02/Physical-Activity-Fast-Facts-2025.pdf).
* Resource: American Diabetes Association (ADA) Diabetes Food Hub. [Link](https://diabetesfoodhub.org/?lid=aqe5le4l95iw&utm_source=drip_campaign&utm_medium=email&utm_campaign=250318_DirectResponse_ECR-1521_v1_non-donor&utm_term=non-donors).
* Article: Food is Medicine 101: Translating Evidence to Action. [Link](https://universitycollege.tufts.edu/courses/browse/food-medicine-101-translating-evidence-action).
* Resource: Maryland State Department of Disabilities 3D Printing: AT Fabrication Program. [Link](https://mdod.maryland.gov/mdtap/Pages/3D-Printing.aspx).
* Article: Unveiling inequalities: Racial, ethnic, and socioeconomic disparities in diabetes: Findings from the 2007-2020 National Health and Nutrition Examination Survey

(NHANES) data among U.S. adults. [Link](https://www.sciencedirect.com/science/article/pii/S2211335524003723?utm_medium=email&utm_source=govdelivery#s0005).

* Resource: State-by-state fact sheets on proposed cuts to SNAP. [Link](https://frac.org/research/resource-library/snap-state-fact-sheets?eType=EmailBlastContent&eId=eef4d130-bb35-404a-9b7c-7e7000fff254).
* Resource: The Walking Classroom - an evidence-based, award-winning program that gets kids up and walk while listening to fun, standard-aligned educational podcasts. [Link](https://www.thewalkingclassroom.org/our-program/?utm_source=delivra&utm_medium=email&utm_campaign=AHS_2025_PEPA_Dedicated_&utm_id=8554980).
* Resource: International Food Information Council Dietary Fats Toolkit. [Link](https://foodinsight.org/dietary-fats-toolkit/).
* Webinar: National Coalition for Week Without Driving 2025. [Link](https://us06web.zoom.us/meeting/register/4OJi2PyBRLS26ynSWvddsA?utm_source=America+Walks&utm_campaign=0dce404a48-January+Newsletter+2025&utm_medium=email&utm_term=0_f2013291e9-0dce404a48-746201454#/registration).
* Resource: Save time and money while planning healthy meals at home. [Link](https://www.healthiergeneration.org/app/resources/372).
* Resource: American Heart Association, Healthy Food and Beverage Toolkit. [Link](https://www.heart.org/en/about-us/-/media/Healthy-Living-Files/Foodscape/Healthy_Workplace_Food_and_Beverage_Toolkit.pdf).
* Article: NIH: Midlife Eating Patterns Tied to Health Decades Later. [Link](https://www.nih.gov/news-events/nih-research-matters/midlife-eating-patterns-tied-health-decades-later).

## Healthy Minds

* 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).
* Webinar: Integrating Harm Reduction into Health Care Facilities Serving Medicaid Members. [Link](https://www.chcs.org/resource/integrating-harm-reduction-into-health-care-facilities-serving-medicaid-members/?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). Webinar: Integrating Harm Reduction into Health Care Facilities Serving Medicaid Members. [Link](https://www.chcs.org/resource/integrating-harm-reduction-into-health-care-facilities-serving-medicaid-members/?utm_source=CHCS+Email+Updates&utm_campaign=04f780f6e7-Vital+Strategies+Webinar_5%2F22%2F2025&utm_medium=email&utm_term=0_-04f780f6e7-493510513).
* Webinar: Enhancing Care and Services for Mental Health and Substance Use Disorders to Reduce Health Disparities. [Link](https://events.nationalacademies.org/44945_07-2025_enhancing-care-and-services-for-mental-health-and-substance-use-disorders?utm_source=HMD+Email+List&utm_campaign=b8c9acd997-EMAIL_CAMPAIGN_2025_04_21_07_34&utm_medium=email&utm_term=0_-b8c9acd997-180878116&mc_cid=b8c9acd997&mc_eid=c6e469f632).
* Webinar: Weitzman Science to Practice: Alcohol Use Disorder. [Link](https://education.weitzmaninstitute.org/content/weitzman-science-practice-alcohol-use-disorder?utm_source=MWHS+Core&utm_campaign=e31bd9b015-science-to-practice-alcohol-use-disorder-1_COPY_01&utm_medium=email&utm_term=0_-befc4a4b08-244250534#group-tabs-node-course-default1).
* 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.).
* Training: FREE Narcan Training. [Link](https://www.howardcountymd.gov/health/opioid-overdose-response-program).
* 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).
* Webinar: Creating Safe Space: What Young People Need in Overdose Prevention. [Link](https://us06web.zoom.us/webinar/register/WN_EioL35lkRYqAY_LJnLUW7A?utm_source=PHI+Newsletter&utm_campaign=e173b6e249-192+Pain+in+the+Nation%3A+The+Drug%2C+Alcohol+and_COPY&utm_medium=email&utm_term=0_14767b3be6-e173b6e249-48935737&mc_cid=e173b6e249&mc_eid=7bab52d433#/registration).