July 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](mailto:lhic@howardcountymd.gov).

|  |  |
| --- | --- |
| |  | | --- | |  | |

# 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.
* 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.
* HCLHIC Food Connections Map is now updated. Click [here](https://www.hclhic.org/foodmap) to access the map.
* The Howard County Health Department P.E.A.C.E Project has launched a Doula Partnership Program to support Doulas to become 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 to 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.
* 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/).
* 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.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FUNDING OPPORTUNITIES**

**Title:** Howard County Health Department Bureau of Behavioral Health RFP Pre-Bid Session

**Description:** The Howard County Local Behavioral Authority (LBHA) will contract with a behavioral health organization to render In- Home Intervention Services (IHS) to promote the safety and well-being of children and their families; enhance parent’s ability to create a safe & stable home environment; and maintain permanency while preserving family unity.

**Session Time**: Tuesday July 8, 2025, 10:00 am – 11:00 am. [Meeting Link](https://gcc02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_ZTE5YmM0MmMtNDBmYS00ODYyLWJmNTAtZDY4YzBmOTFlNmNk%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252205381308-0366-4bb7-a95b-95304bd11a58%2522%252c%2522Oid%2522%253a%25228de7c53c-4bc4-453f-bcdf-09dba4aa7f68%2522%257d&data=05%7C02%7Cajordan%40howardcountymd.gov%7Cf6cc63653cf144d95f7908ddb4e3b847%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638865612340152015%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=fzWTMgkA2Ezip6XRZM4C5yYQng573qQ3937i7S%2F9DEI%3D&reserved=0). Click [here](https://acrobat.adobe.com/id/urn:aaid:sc:US:5fe82092-41f2-47d9-b758-6e08a36a1fc5) 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:** 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:** 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.

**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.

## HEALTHY BEGINNINGS

**Title:** Howard County Health Department P.E.A.C.E Project Diaper Giveaway Day

**Description:** The Howard County Perinatal Equity and Care for Everyone (P.E.A.C.E.) Project is hosting a FREE Diaper Giveaways Day event! No registration required. Our P.E.A.C.E. Project team will be on-hand to answer questions and provide resources for other pregnancy needs.

**Date and Time:** Tuesday, July 8, 2025, 10:30 am – 12:30 pm

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

**Title:** Free Life Skills Class for HoCo Students

**Description**: HC DrugFree is providing another series of FUN and interactive skills-based classes designed to promote positive health and personal development for students in grades 6 to 9 (or slightly younger or older). The curriculum is designed to strengthen student abilities in the following areas: Personal Self-Management Skills, General Social Skills, Drug Resistance Skills, and more!

**Date and Time:** July 21, 22, 23, 24, 28, 29, 30, 31, 10:00 - 11:30 am. Register [here](https://hcdrugfree.org/2025/06/free-life-skills-class-2025/).

**Title:** Life Skills Class: Service Opportunity for HoCo High Schoolers

**Description**: HC DrugFree is providing another series of FUN and interactive skills-based

classes designed to promote positive health and personal development for students in grades 6 to 9. High school participants (grades 9-12) earn Community Service Hours by assisting our college instructors throughout the course. You can act as a mentor and role model, while continuing to practice your own personal development skills.

**Date and Time:** July 21, 22, 23, 24, 28, 29, 30, 31, 10:00 - 11:30 a.m. Register [here](https://hcdrugfree.org/2025/06/free-life-skills-class-2025/).

**Title:** Community Baby Shower

**Description**: Community partners will be on hand to share information and resources on breastfeeding, safe sleep, healthy pregnancy, fatherhood, and more! Expecting parents will receive vital supplies to give their baby a strong start in life! Register by July 16 as space is limited!

**Date and Time:** July 26, 2025, 10:00 am – 12:00 pm

**Location:** 9830 Patuxent Woods Drive, Columbia, MD 21046. Register [here](https://www.surveymonkey.com/r/DV6SVMM).

**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.

**HEALTHY LIVING**

**Title:** Community Breakfast

**Description:** The Rachell L. Gray Community Breakfast is an opportunity to come together, share a meal, and foster connections within the community. Registration is not required but strongly encouraged.

**Date and Time:** Starting July 12, 2025, and continuing on the second Saturday of every month, from 8:00 – 9:30 am.

**Location:** 6327 Meadowridge Rd, Elkridge, MD 21075. Click [here](https://www.rlgcommunityfoundationhelp.org/event-details/community-breakfast-2025-07-12-08-00) to learn more.

**Title:** Community Athletic Program

**Description:** Join the Howard County Police Department’s Community Athletic Program—a chance for school-aged kids to hang out with School Resource Officers over summer break and enjoy games like basketball, football, fishing, video games, and more! Activities vary by day and location.

**Date and Time:** Monday, July 14, 2025, 10:00 am – 2:00 pm.

**Location:** East Columbia Library, 6600 Cradlerock Way, Columbia, MD 21045. Other programs also will be happening in your community. Click [here](https://www.facebook.com/HCPDnews/events) to learn more.

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

**Title:** Latino Health Fair

**Description:** Join the Johns Hopkins Howard County Medical Center for the free Latino Health Fair. All are welcome! Health insurance and registration are not required.

**Date and Time:** Saturday, August 16, 2025, from 12:00 – 3:00 pm.

**Location:** Wilde Lake Interfaith Center, 10431 Twins River Road, Columbia, MD 21044.

**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 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 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:** 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 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 6:00 pm 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 Holística 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.

**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:** Every year, first Tuesday in August. More information [here](https://hcpf.org/national-night-out/).

**HEALTHY MINDS**

**Title:** Supporting Someone with Mental Health Challenges

**Description**: Gladstone Psychiatry and Wellness is hosting a Supporting Someone with Mental Health Challenges webinar. Who should attend? Adults with loved ones with mental health challenges and adults who want to learn how to support loved ones.

**Date and Time:** July 8, 2025, 12:00 pm – 1:00 pm.

**Location:** Virtual. Click [here](https://forms.gle/E9wuWY1ep3q8di5WA) to register.

**Title:** Emotional Wellness in Communities of Color

**Description**: In observance of National Minority Health Awareness Month, join us for a community discussion lead by Ghonva Ghauri, BA/MA. Discuss the impact of unique cultural experiences, including cultural stigma and racial trauma, on the mental health of different communities of color. Explore culturally relevant approaches to emotional wellbeing and learn about local resources and support.

**Date and Time:** Tuesday, July 15, at 10:30 – 11:30 am.

**Location:** 5470 Ruth Keeton Way, Columbia, MD, 21044 (Bain 50+ Center)Register [here](https://bit.ly/HoCo-EWCOC).

**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.

**UPCOMING COMMUNITY EVENTS**

**Title:** Spring Fair: Empowering Families, Equipping Futures

**Date and Time:** Friday, July 12, 2025, 10:00 am – 5:00 pm

**Location:** Emmanuel Temple Church 10005 Old Columbia Rd Ste N165, Columbia, MD, 21046

**Title:** Judy Center Grand Opening

**Date and Time:** Friday, July 25, 2025, 5:00 pm – 7:00 pm

**Location:** Steven’s Forest Elementary School, 6045 Stevens Forest Rd, Columbia, MD, 21045

**Title:** Enterprise Community Resource Fair

**Date and Time:** Friday, July 25, 2025, 11:00 am – 2:00 pm

**Location:** Sierra Woods Apartments, 8712 Airybring Lane Ste 104, Columbia, MD, 21045

**OTHER RESOURCES/RESEARCH/ARTICLES**

## Healthy Beginnings

* 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).
* 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#/).
* 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).
* Resources: Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.

## Healthy Living

* Article: How exercise can protect against Alzheimer’s. [Link](https://www.nih.gov/news-events/nih-research-matters/how-exercise-can-protect-against-alzheimers).
* Webinar: Exploring the Types of Evidence Behind Diet and Chronic Disease. [Link](https://events.nationalacademies.org/45192_07-2025_exploring-the-types-of-evidence-behind-diet-and-chronic-disease-a-webinar?utm_source=HMD+Email+List&utm_campaign=1a3e4ca673-EMAIL_CAMPAIGN_2025_05_23_08_20_COPY_01&utm_medium=email&utm_term=0_-d761c811e7-180878116&mc_cid=1a3e4ca673&mc_eid=c6e469f632).
* 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).
* Webinar: FREE Obesity Care Webinar Series for Health Care Professionals. [Link](https://professionaleducation.diabetes.org/ProductInfo/ImpactofObesity).
* Podcasts: The power of storytelling in diabetes care. [Link](https://diabetesdaybyday.libsyn.com/site).
* 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).
* Webinar: Exploring the Role of Physical Activity in Obesity Treatment, Body Weight Management, and Related Health Outcomes in Adults. [Link](https://events.nationalacademies.org/44930_07-2025_exploring-the-role-of-physical-activity-in-obesity-treatment-body-weight-management?utm_source=HMD+Email+List&utm_campaign=0ec56d5139-EMAIL_CAMPAIGN_2025_05_12_07_25&utm_medium=email&utm_term=0_-0ec56d5139-180878116&mc_cid=0ec56d5139&mc_eid=c6e469f632).
* Resource: DHS rebranded its online customer portal, currently known as mymdthink.maryland.gov, to MarylandBenefits.gov. [Link](https://benefits.maryland.gov/home/#/).
* 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: What is Regenerative Agriculture? [Link](https://www.soyconnection.com/continuing-education/education-credits/newsletter-article-list/what-is-regenerative-agriculture/).
* Article: How Farming Affects Our Food Supply. [Link](https://www.soyconnection.com/continuing-education/education-credits/newsletter-article-list/how-farming-affects-our-food-supply/).
* Resource: Crop Protectants and Pesticides: Ensuring Safe and Sustainable Farming. [Link](https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:24701a17-4665-4f1c-a860-6bab21d9ce40).
* Webinar: Modern Farming and Food. [Link](https://us02web.zoom.us/webinar/register/WN_gdhEQqmMQnWHtQ62Eiiafg#/registration).
* Webinar: Exploring the Types of Evidence Behind Diet and Chronic Disease. [Link](https://events.nationalacademies.org/45192_07-2025_exploring-the-types-of-evidence-behind-diet-and-chronic-disease-a-webinar?utm_source=HMD+Email+List&utm_campaign=d761c811e7-EMAIL_CAMPAIGN_2025_05_23_08_20&utm_medium=email&utm_term=0_-d761c811e7-180878116&mc_cid=d761c811e7&mc_eid=c6e469f632).
* Webinar: Added Sugars and Non-Sugar Sweeteners: A Review of Current Recommendations, Scientific Evidence, and Future Research Needs. [Link](https://ce.todaysdietitian.com/AddedSugars2025).
* Article: Beans tied to reduced inflammation with prediabetes. [Link](https://www.healio.com/news/primary-care/20250610/daily-cup-of-beans-improves-heart-health-in-those-with-prediabetes).
* Article: Late dinners may have a negative impact on metabolism. [Link](https://www.medpagetoday.com/meetingcoverage/apss/115991).
* Article: Sugary Beverages tied to higher risk of diabetes. [Link](https://www.sciencedirect.com/science/article/pii/S2161831325000493).
* Webinar: Protein Mania: Evaluating Emerging Science and Consumer Perspectives. [Link](https://ific-org.zoom.us/webinar/register/WN_uxEn0y_OSiiFF5z_J6cVsw#/registration).
* Resource: IFIC Spotlight Survey: Americans’ Perceptions of Food Date Labeling. [Link](https://foodinsight.org/perceptions-of-food-date-labeling/).
* 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).
* Recording: 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).
* 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).
* 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).
* 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).

## 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).
* Resource: ADA Mental Health Provider Directory. [Link](https://diabetes.org/tools-resources/mental-health-directory?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfvw5q9bbYRTUp1sgonG-HbC9SISQDe2pJ6pF9PsAJgffaBiyuf6SPJBv_i3Jel1s5p2NXOr8PuxFoM6WdL6i1k40yFk0Zj3Onj8GA9P4).
* 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).
* Recording: Resources on Bridging and Belonging to Strengthen Social Connections. [Link](https://www.youtube.com/watch?v=ijdhaiUGq4g).
* Webinar: Improving Community Safety through Social Connections. [Link](https://us02web.zoom.us/webinar/register/WN_foFpolGrSTCsb3DjR0nQ1g#/registration).