



## Monthly Newsletter | April 2019 Edition



Greetings!

Spring is in full bloom here at PMHF. We are growing and blossoming within the community. We cannot express how excited we are with everything that has been happening lately. Just like the bee, PMHF is here to help give people what is needed to grow; like the daffodil, showing signs of rebirth and Spring.

On March 26th we were grateful to be able to join the 2019 Health Care in Your Future Summit. This conference both energized us giving us an opportunity to network, and informed us of everything that is going on currently within our community. The speakers and the

guest speakers were all wonderful and shared their stories and visions on mental health now in our communities. We cannot wait to see the movement forward.

Our Build-A-Bear event was a success! We had so many people donate, either a stuffed animal, money, their time, or all of these. Others are looking forward to our future events and want to be a part of them by volunteering. New events will be posted as they are scheduled.

## Registration is Free - Knowledge is Priceless!

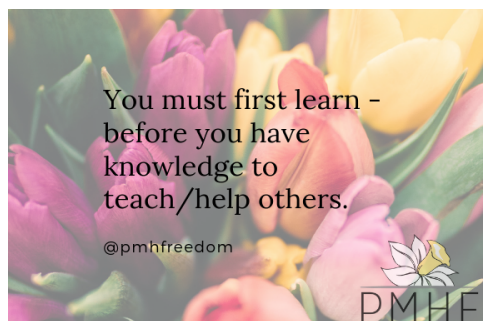
Helping raise awareness of Mental Health and what you can do to help others.

- Do you know what to do if someone is in mental distress?
- Do you know how to address and possible mental health issue with a loved one?
- Do you know signs of someone needing help with their mental health?

If you answered **NO** to any of these, you need to be at this seminar.

**Do not wait**, register now, so you are prepared.

**Register Here**



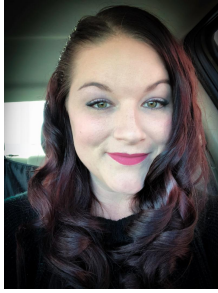
We are excited to announce we have a special guest coming to our PMHF Meet Up in May. This event is going to be a **MUST**.

Our special guest is licensed to teach Mental Health First Aid and teaches these classes at Summit Stone. However, a lot of people are not able to make a full day class during the middle of the week. Annie has graciously agreed to be our guest speaker and will give a brief summary and high level overview of what these classes offer and entail.

You will not want to miss out on this opportunity. It is **FREE**! Yes, I said free, but you **must** register. PMHF is strongly **encouraging** a \$5 donation, but is not required to register and come.

Please do not miss out on the knowledge you can obtain from this brief seminar.

# Announcements



We are growing!  
Yes, your heard me correctly.  
We have a new board member,

Sandra Wankelman. You can read her bio on our site. We are excited to have her on our board with her passion and experience.

Interviewing potential members currently, but have a few openings left.

**If you are interested please reach out to us today!**

**PMHF Website**



Tuesday April 9th we were invited to the April Red Carpet for Nonprofits event with the Chamber to be a guest speaker.

The Chamber of Commerce select 4 nonprofits for each event and PMHF was one of these chosen this month!

Founder and Executive Director Terri Lee Bolles went up there and gave it her all; sharing PMHF's goals, dreams, and passion to help our community.

**Join PMHF today in their movement to make mental health care affordable to all!**

**Donate Now**

**How to Contact Us**

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