



Dear Readers,

As we enter May, we are reminded of the significance of Mental Health Awareness Month—a time to reflect on our well-being, promote understanding, and foster support for mental health initiatives.

Together, let's explore resources, share stories, and celebrate progress in mental health advocacy.

Join us as we embark on a journey of empathy, education, and empowerment. Together, we can nurture a community that prioritizes mental health and wellness for all!

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PARTNER SPOTLIGHT

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Literacy Alliance is Georgia's first Certified Literate Community Program. The partnership with the Technical College System of Georgia and Certified Literate Community Programs dates back to 1990 to improve adult literacy across the state.

Their office has relocated to the Columbus Technical College's campus . This move will help strengthen the local partnership between the two entities.

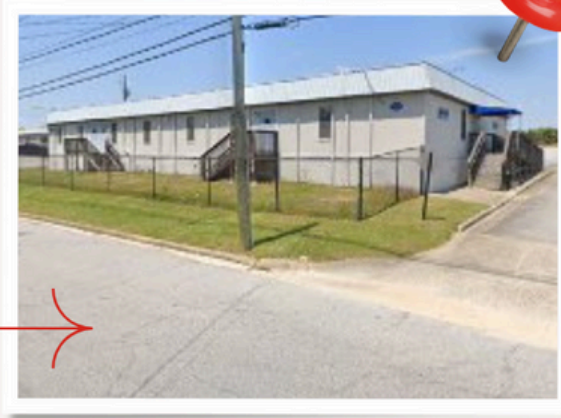
Beginning in July, Literacy Alliance and Columbus Tech will be hosting monthly family literacy workshops on the third Tuesdays from 5:00 to 7:30pm.

To learn more about summer programming or volunteer opportunities, contact Brandy Tolbert at 706-223-0650 or by email at info@theliteracyalliance.org.



Literacy Alliance
Creating the Desire to Learn

OUR NEW
LOCATION



Mentor Meeting

Monday, 4/29 @ 1pm

or

Thursday, 5/2 @ 3pm

VOLUNTEER WITH US!

928 Manchester Expressway (Portal D)
Columbus, GA 31904

info@theliteracyalliance.org

706-223-0650



CLCP

Columbus Literate Community Program Inc.

Volunteer Info Sessions

Tune in every first Friday at
@ Noon EST to hear how you can get involved!



Literacy Alliance
Creating the Desire to Learn



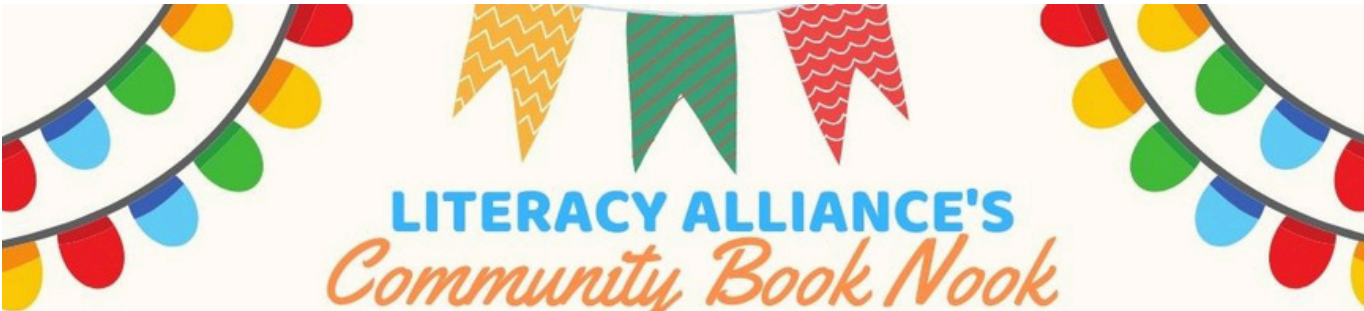
CLCP
Georgia Literate Community Program



- Adult Literacy
- Early & Family Edu.
- Community Events
- Office Assistance
- Summer Programming

Join me to learn about our various opportunities !

Zoom Meeting ID: 878 2724 5451 Passcode: **Literacy**



LITERACY ALLIANCE'S
Community Book Nook
LOCATIONS

3448 North Lumpkin Road @Victory Mission
515 8th Street @4th Street Daycare Academy
747 Winston Road @Family Reconstruction
2503 Dawson Street @ The Embassy
1830 Shepherd Drive @Marshall Success Center
3601 Youmans Street @ Mt. Pleasant Baptist Church
928 Manchester Expressway -in our office!

<https://littlefreelibrary.org/map/>



Literacy Alliance

www.theliteracyalliance.org





Building Better Lives

I/DD Family Support Services Program

Family Support Services is a non-entitlement program that brokers disability-specific services based on the unique needs of individuals and their families. We provide our services with the belief that families belong together and individuals are best served in a community setting. Our ultimate goal is to maintain a cohesive family unit while helping individuals live at home in the community. These supports meet everyday needs that are often critical in avoiding family crises.

Family Support Coordinators work with families to develop Individualized Family Support Service Plans.

Some of the services might include:

- Information and referral.
- Assistance in identifying needs.
- Advocacy to obtain needed services or benefits.
- Assistance locating and acquiring services such as:
 - Respite Services
 - Social/Recreational Activities
 - Family Education
 - Special medical equipment, diets, clothing, and personal care items
 - Other services and supports unique to each family's needs

Eligibility:

Individuals age four (4) and up with a diagnosed developmental disability living in Georgia at home with their families, and are not currently receiving a NOW/COMP Waiver, are eligible for Family Support Services. Eligible diagnoses include, but are not limited to:

- Developmental Disability
- Intellectual Disability
- Cerebral Palsy
- Autism Spectrum Disorders
- Down Syndrome



NAMI Connection Groups

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

What You'll Gain:

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

NAMI Connection Recovery Support Group will help you:

- See the individual first, not the illness
- Recognize that mental illnesses are medical illnesses that may have environmental triggers
- Understand that mental illnesses are traumatic events
- Aim for better coping skills
- Find strength in sharing experiences
- Reject stigma and not tolerate discrimination
- Not judge anyone's pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Work for a better future in a realistic way

Monday Nights 6-7:30
Lutheran Church of the Redeemer

ADDRESS

4700 Armour Road, Columbus, GA 31904

TIME

Monday 6-7:30

PHONE NUMBER

706.320.3755

EMAIL ADDRESS

info@namicolumbusga.org

Saturday 1-2:30PM

Virtual / Zoom

CONTACT FOR INFORMATION:

Vanessa.M.Vivas@gmail.com for an invite (link).
Please email at least 24 hours prior.



A major focus of MercyMed is to care for the emotional and spiritual needs of our patients. For many, this involves counseling and/or group therapy. The MercyMed Mental Health team provides Christ-focused individual counseling and a bipolar support group.

We offer the following counseling services:

- Individual, Marriage and Family Counseling
- Addiction Counseling
- Mental Health Support Group



Georgia Department of Behavioral Health and Developmental Disabilities

DBHDD and its network of community providers is here to help adults in Georgia access services that support their individual recovery goals, including psychiatric services, counseling, residential support, and peer programming.

Our core services are designed for people with a diagnosed mental illness, and/or co-occurring substance use disorder, whose level of functioning is significantly affected by the behavioral health illness.

Services may include nursing assessment, medication administration, case management, peer supports, psychological testing, individual, family or group counseling.

DBHDD Region 6

Office Address

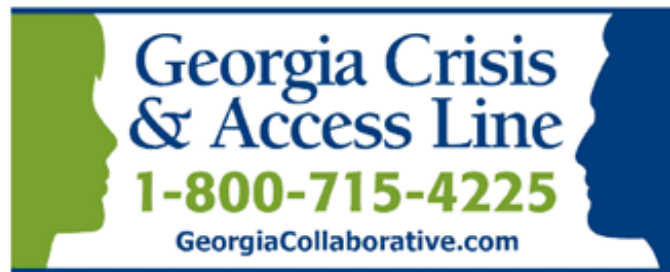
3000 Schatulga Road, Building 4

Columbus, GA, 31907

Phone: (706) 565-7835

Georgia Crisis and Access Line

A CRISIS HAS NO SCHEDULE



Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.

 Provided through the Georgia Collaborative ASO

Access to Crisis Services:

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at **1-800-715-4225**. GCAL is available **24 hours a day, 7 days a week and 365 days a year** to help you or someone you care for in a crisis.

GCAL professionals will:

- Provide telephonic crisis intervention services
- Dispatch mobile crisis teams
- Assist individuals in finding an open crisis or detox bed across the State
- Link individuals with urgent appointment services

> 988

**IF YOU OR SOMEONE ELSE IS IN CRISIS, YOU CAN CALL OR TEXT 988
OR VISIT 988LIFELINE.ORG**

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support

NAMI COLUMBUS
CELEBRATING MENTAL HEALTH AWARENESS
SPRING PICNIC

SATURDAY 18 MAY

1:00PM - 3:00PM

LOCATION: COOPER CREEK PARK

PAVILION #6

Enjoy delicious food, fun activities and
quality time in the great outdoors.

All Food provided by NAMI Columbus

Please RSVP by 04/30/24



NOW ACCEPTING APPLICATIONS



HEAD START * EARLY HEAD START * CAREERS

Muscogee, Stewart, Chattahoochee, Clay, Quitman, Harris, Talbot Counties, and Russell County in Phenix City, Alabama



Quality Education for Early Learners

- Serving expectant mothers and children ages 0-5 years old
- Our comprehensive programs include health, nutrition, mental health, family strengthening and employment training services.
- Children with special needs are welcome.

Career Opportunities

Join our team of men in early childhood education (ECE) who serve as teachers, center managers, family advocates, and content area specialists! They are experts in the field and possess sufficient knowledge, training, experience, and competencies to fulfill the roles and duties of their position.

We have an opportunity for you!



To learn more about job openings, visit www.enrichmentservicesprogram.org, or scan here.



Apply Today

To schedule an appointment to complete an application, visit www.enrichmentservicesprogram.org, or scan here.



Required Documents

- Child's birth certificate or confirmation of birth
- Child's current immunization:
(Form 3231-GA; Form IMM -AL)
- Social security numbers for all household members
- Parent Photo ID
- Child and/or expectant mother's health insurance card
- Proof of family income for past 12 months (SNAP eligibility letter, W-2, 1040, pay stubs, child support, TANF, SSI)



Sign up
today!

For residents of
All counties in
the West Central
Health District



FREE Car Seat Class

Children need a car seat that keeps them safe!
Every ride, every time!

Join us to receive general car seat and seat belt
education and one on one help with car seat installation.
You may qualify for a free car seat!



For more info or to register

706-358-0928
d7.bcw@dph.ga.gov
Sign up now!

Or scan
the code



*This program is funded by the Governor's Office of Highway Safety.



Chattahoochee Valley All About Fitness Family, Inc. ® Ministry



STARTING MARCH 4TH!

Dewayne Webb,
President/
AFAA-Certified Trainer



Tuesday & Wednesday Mornings:

6:30am EST (Intermediate)

Columbus Karate

Academy International

5770 Milgen Rd

(across from Mercy's Jamaican Kitchen)

Monday & Tuesday Evenings:

5:30pm (advanced) &

6:15pm (beginners)

Ranger Outreach Center

1022 2nd Ave

Thursday Mornings:

6:30am (Intermediate)

Lakebottom Park Track

*meet by bleachers near
bathrooms

Thursday Evenings:

5:30pm (Advanced) &

6:15pm (Beginners)

Lakebottom Park Track

*meet by bleachers near
bathrooms

MISSION:

Encourage our global communities to live totally fit -- physically, mentally, financially, legally, relationally and, most importantly, spiritually -- lives.

VISION:

A Global Fitness Family dedicated to improving our communities worldwide. We aim to serve as a root of positive global change through our dedication to giving back to our global communities.

Stay Tuned

to AAF Social Media
for inclement weather
workout locations



Dewayne Webb

President / AFAA-certified trainer

☎: 706-940-2079

<http://www.allaboutfitnessfamily.org/>

Facebook: <https://www.facebook.com/AllAboutFitnessFanPage>



Mental Health FIRST AID TRAINING

In Honor of Mental Health
Awareness Month

**New Horizons and Columbus
Family Connection**

Invite you to attend an Evidenced-Based training program that teaches you to **Identify, Understand and Respond** to signs of mental health and substance use challenges.



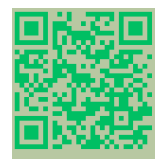
- Learn the Risk Factors and Warning Signs
- Crisis Intervention Strategies
- Certificate of Completion
- Breakfast and Lunch provided
- Resources and more!

Free training course!

Thursday, May 30th 2024

Troy University
1510 Whitewater Ave.
Phenix City, AL 36867
from 8:30am-5:00pm

**Register
here:**



COLUMBUS
family connection™
MUSCOGEE COUNTY



Key Strategies for Assessment, Intervention and Ethical Decision Making in Crisis Response

Friday, May 3 | 9 a.m. to 1 p.m.

Seminar location: Willowbrooke at Tanner
Education Classroom
20 Herrell Road, Villa Rica, GA 30180

Preregister online at
www.tanner.org/keystrategies.

Seminar Overview

During this in-person seminar, participants will learn essential crisis intervention skills and strategies, including the nine crisis intervention strategies for client de-escalation and stabilization. They'll also explore the Triage Assessment Form and the LASER protocol for ethical decision making in crisis situations. Through fictional case studies, participants will address the types and indicators of common stress and/or trauma reactions among crisis workers, as well as strategies to mitigate them.

About the Speaker

Julia Whisenhunt, Ph.D.,
LPC, NCC, CPCS

associate professor of
counselor education in the
Department of Counseling,
Higher Education, and
Speech-Language Pathology
at the University of West
Georgia (UWG), where she
also is the director of the
Ed.D. program in professional



counseling and supervision. Dr. Whisenhunt is the 2021-2022 Ethics Chair for the Licensed Professional Counselors Association of Georgia. She is trained as an Applied Suicide Intervention Skills Training (ASIST) facilitator and is a disaster mental health volunteer. Dr. Whisenhunt has instructed psychology and counseling courses since 2004. She specializes in the areas of crisis intervention and ethics, and is a

Agenda

- 9 to 9:10 a.m. – Introductions
 - 9:10 to 10 a.m. – Defining crisis; the effects of crisis; crisis intervention strategies
- 10 to 10:30 a.m. – Triage assessment in crisis intervention
- 10:30 to 10:45 a.m. – Break
- 10:45 to 11:30 a.m. – Ethical decision-making in crisis intervention
- 11:30 to 11:45 a.m. – Break
 - 11:45 a.m. to 12:30 p.m. – Case application
- 12:30 to 1 p.m. – Stress and trauma reactions among crisis workers

co-author of *Crisis Intervention Ethics Casebook*, published by the American Counseling Association.

Cost and Registration

The cost for this seminar is \$50 per person. To register and pay with a credit card, visit www.tanner.org/keystrategies.

Continuing Education Credit

Licensed professional counselors, social workers, marriage and family therapists: Willowbrooke at Tanner has been approved for 3.5 hours of continuing education (CEs) through the Licensed Professional Counselors Association of Georgia (LPCA of GA).

Gender & Sexuality Concerns: Clinical Considerations

Friday, May 31 | 12 to 3:30 p.m.

Seminar location: Willowbrooke at Tanner
Education Classroom
20 Herrell Road, Villa Rica, GA 30180

Register now at www.tanner.org/gender.

Seminar Overview

This in-person seminar will explore the definitions of current LGBTQ+ terminology, as well as diagnostic information regarding sexual and gender identity concerns. Additionally, we will discuss legal and ethical implications and holistic treatment considerations for this population.

Learning Objectives

1. Gain a basic understanding of the current LGBTQ+ terminology, and biological and social considerations.
2. Learn how to empathize and engage with clients struggling with sexual and gender identity concerns.
3. Review diagnostic information for gender and sexuality related disorders.
4. Discover new treatment options for working with the LGBTQ+ population.

About the Speaker

Morgan Jenkins, Ph.D., NCC,
LPC, ACS

, is a clinical assistant professor at the University of West Georgia. She teaches multiple courses, and she designed the new elective course, Gender & Sexuality for the Clinical Mental Health Counseling and School counseling programs. Dr. Jenkins also works part-time in private practice, where she works with clients with various concerns but sees mostly those with gender and/or sexuality issues.



Agenda

- 12 to 12:45 p.m. – Learning objective #1
- 12:45 to 1:45 p.m. – Learning objective #2
- 1:45 to 2 p.m. – Break
- 2 to 2:45 p.m. – Learning objective #3
- 2:45 to 3:30 p.m. – Learning objective #4 and case studies

Cost and Registration

The cost for this seminar is \$50 per person. To register and pay with a credit card, visit www.tanner.org/gender.

Continuing Education Credit

Licensed professional counselors, social workers, marriage and family therapists: Willowbrooke at Tanner has been approved for three hours of continuing education (CEs) through the Licensed Professional Counselors Association of Georgia (LPCA of GA).



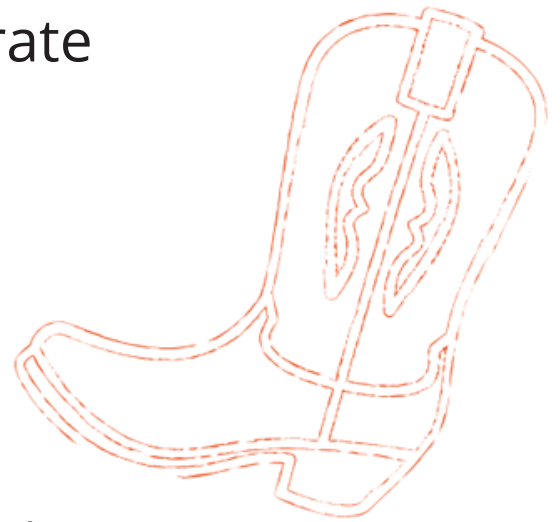
Kick up
your heels
and
celebrate

National Cancer Survivors Day

Come and join us as we celebrate giving cancer the boot!

Saturday, June 8, 2024
John B. Amos Cancer Center
10 a.m. - 12 p.m.

If you would like to participate, please pick up registration forms at the front desk or support services (2nd floor).



For any questions, please contact Tenetta Holt at **706.320.8618** or email tenetta.holt@piedmont.org



Real change lives here



EVENT TO INCLUDE:

- Vendors
- Door Prizes
- Free T-shirt for the first 350 people
- Wellness information and more

Interested in
Becoming a Vendor?
Contact Franetta Miles
706-256-2915
fmiles@rivervalleyrcaaa.org
www.rivervalleyaging.org



Wellness FAIR

MAY 3, 2024

9:00am - 1:00pm

Location:

Columbus Civic Center

**400 Fourth Street
Columbus, GA**

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

BEGINNING NEW OUTREACH SUMMER MINI CAMP



Looking for something to do for the summer? **Beginning New Outreach** is providing **FREE** summer minicamp Mentor sessions! We will be providing educational training, food and fun activities in a 2-week session for middle school and high school students. Participants will receive a \$50 gift card for completion of the courses and will have a great time! Class will be held Monday - Friday from 10:00 – 3:00 pm (Lunch and Games included). There will be several sessions to choose from to fit your availability in Phenix City and Columbus:

Session 1: May 28th to June 7th

Session 2: June 10th to June 21st

Session 3: June 24th to July 2nd

Session 4: July 8th to July 19th

Session 5: July 22nd to Jul 30th



Register online at: <https://form.jotform.com/232704157215147> , scan QR code or call us at 706-243-1126.

2 Locations: New Birth New Beginning Church - 322 25th Avenue, Columbus, GA 31903

Phillips Temple Church- 1310 Holsey Street, Phenix City AL 36867



CALLING ALL PARENTS, GUARDIANS, AND CAREGIVERS!

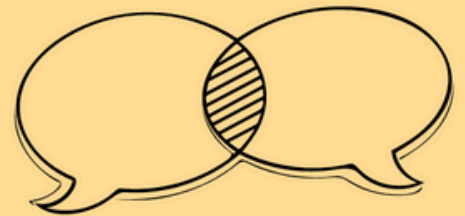
join us for a

Parent Cafe

Parent Cafes are an opportunity for guardians and caregivers to engage in meaningful conversations with one another

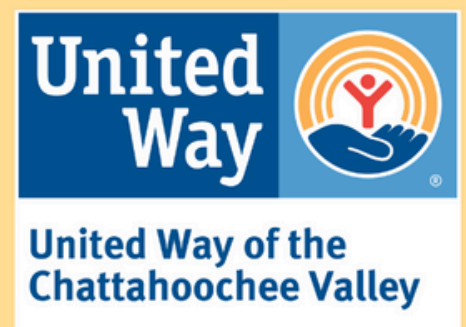


Tuesday, May 7th, 2024
MLK Elementary School
1566 350 30th Ave,
Columbus, GA 31903
5:00pm – 6:30pm



- ✓ FOOD
- ✓ GIVEAWAY PRIZES
- ✓ CHILD CARE

Scan to Register





Columbus Family Connection Events

CFC Speed Networking Event



Thank you to all those who attended our first Speed
Networking Event!



CFC BOOK READING WITH THE MAYOR



THANK YOU!



Thank you to the Muscogee County Sheriff's Office for hosting and inviting us to the Autism Fun Day!



NEWSLETTER SUBMISSIONS

Submission Deadlines: We kindly ask that all content be submitted no later than the 15th of each month.

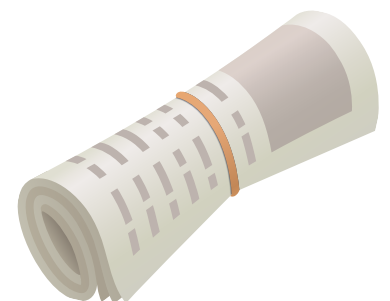
Please submit content to:

hightower.zoe@columbusga.org and amos.brandy@columbusga.org

Submission Guidelines:

- Please Include "**Newsletter Submission**" in the subject line of your submission email.
- Attach images to the same e-mail as your article submission.
- Please make sure images are of high quality and include any necessary captions
- It will be assumed that the necessary permissions have been granted.

Submissions are subject to editing prior to publication.





COLUMBUS FAMILY CONNECTION BOARD ELECTIONS

Columbus Family Connection is accepting nominations for board seats for FY25 - FY27, as there will be six vacancies. We also require four collaborative members to serve as the elections committee. If you are interested in applying for any of these positions, kindly send an email to Ashley Becker at abecker@columbusgachamber.com

MESSAGE FROM THE DIRECTOR

As we embark on Mental Health Awareness Month this May, I am honored to address the profound significance of prioritizing mental well-being within our community.

Mental health affects us all, directly or indirectly, and it's crucial that we continue to dismantle misconceptions and promote open conversations. This month serves as a poignant reminder to prioritize self-care, offer support to those in need, and advocate for mental health resources and awareness.

Join us in embracing Mental Health Awareness Month as we strive to promote positive change and advocate for mental health equity. Together, let's break down barriers and build a future where everyone feels empowered to prioritize their mental well-being.

Zoe' Hightower