

Parent Talk

MAY 2023

Mental Health Awareness Month

What an amazing Mental Health Awareness Month! We were so thrilled to be able to offer multiple community events, resources, and more this year. Read on for some highlights and ways you can get still get involved!

SuperK Walk, Roll, & Fun Run

Our inaugural SuperK on May 6th was a huge success! Our community came out in full force to show their support for children's mental health. With over 400 people in attendance, we nearly hit our total fundraising goal of \$100,000. It's not too late to push us past the mark! Every dollar goes directly toward supporting children and families in need.

To watch the highlight reel for the 2023 SuperK Walk, Roll & Fun Run, follow the link below or scan the QR code.
<https://youtu.be/uwFz2mLcrKY>

DONATE



Children's Mental Health AWARENESS WEEK

Mental Health and Schools: Next Steps to Support Our Students

We were thrilled to have held our first policy forum of the year! On May 9 at the Massachusetts State House, we explored key findings and recommendations from The Baker Center's new report, *Mental Health and Schools: Best Practices to Support Our Students*, discussed how to support our students in the "new normal", and explored the important role of schools in addressing children's mental health needs. You can read the full report below!

To read the full report, follow the link below or scan the QR code.
bakercntr.org/schoolbasedhealth

MIGHTY KIDS MIGHTY MINDS

BE A MENTAL HEALTH HERO

Mighty Kids, Mighty Minds

We're so excited to have launched our new Mighty Kids, Mighty Minds campaign: a mental health movement aimed at promoting understanding, building resiliency, and creating healing for children and families.

Getting started is easy! Simply:

1. Click below or visit mightykidsmightyminds.org to see the Mighty Kids, Mighty Minds virtual story board.
2. Browse the stories, photos, and videos from real members of our community.
3. Be a mental health hero and share your own story!

Whether you're a parent, friend, family member, teacher, peer - we're encouraging you to share your story, picture, video- anything uplifting to empower others and contribute to a more open and accepting dialogue around children's mental health. Your story can make a difference. By sharing your strength, together we can help raise awareness and understanding for children's mental health and build a community that can find courage and support in each other.

SHARE YOUR STORY



Need more help?

Resources at The Baker Center are just a click away

Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →

Special Education

MANVILLE SCHOOL →

Therapeutic Summer Camp

CAMP BAKER →

College Preparation

NEXT STEP →