May 15, 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.
* JOB OPPORTUNITY: Coordinator of Special Programs II, Food Council Administrator (Full-Time Contractual). Last date to apply: May 27, 2025. Click [here](https://www.jobapscloud.com/MD/sup/BulPreview.asp?R1=25&R2=002818&R3=0007) to learn more.
* The Horizon Foundation School Meal Survey is available **through May 15**. Click [here](https://docs.google.com/forms/d/e/1FAIpQLScCsKegKorgLJwVDQBhx1oGlEiRrBBOEbCgNHnI7TPxR2m2bw/viewform) to complete the survey.
* 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 Office of Children and Families has established The CARE Line. Click [here](https://www.howardcountymd.gov/children-families/care-line) to learn more.
* Howard County Good Vibes Event is on June 5. Click [here](https://www.howardcountymd.gov/goodvibes) to learn more and to register.
* The latest episode from Howard County Health Department HoCo Podcast is now available. Click [here](https://hocohealth.podbean.com/) to listen.
* 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 Health 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:** Behavioral Health Bureau In-Home Services Grant

**Description:** The In-Home Services (IHS) grant serves to contract with a local behavioral health organization to render In-Home services which enable intervention and therapeutic behavioral services within the safety and comfort of the child or family's home.

**Applications Deadline: May 27, 2025, at 5 pm**. Please email [Stephanie Reid](mailto:sreid@howardcountymd.gov?subject=Behavioral%20Health%20Bureau%20In-Home%20Services%20Grant) for any questions or to submit proposal.

**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:** 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:** 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:** 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**: Baby Basics (Part 1 and 2)

**Description**: This two-part (1 hour each day) workshop teaches expecting and new parents about caregiving for a newborn(s) from birth to 6 months of age. Join this workshop to learn more about feeding and bathing, changing diapers, safe sleeping, tips for when to call the doctor, self-care and overall well-being. Discover additional resources on lactation and car seat safety.

**Date and Time**: Wednesday, May 21, 2025, and Thursday, May 22, 2025, 12:00 pm – 1:00 pm

**Location**: Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/baby-basics-part-1-and-2/) to learn more.

**Title**: Raising Healthy Kids

**Description**: This workshop provides parents and caregivers of children the tools and resources to support kids’ and teens’ health. Learn how to create a healthy plate, fun family exercises, the effects of screen time and how to support kids’ mental health and well-being.

**Date and Time**: Wednesday, May 28, 2025, 12:30 pm – 1:30 pm

**Location**: Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/raising-healthy-kids/) to learn more.

**Title**: Maryland Coalition of Families (MCF) - Family Leadership Program Workshop

**Description**: Maryland Coalition of Families (MCF) offers multiple

family leadership development opportunities each year in communities across Maryland. These 2-day events enhance parent and caregiver skills so they can better navigate systems of care and become stronger advocates for their children, themselves, their families, and their communities.

**Date and Time**: Friday, May 30th, 2025, 5:00 pm - 9:00 pm, and Saturday, May 31, 2025, 8:00 am - 4:30 pm.

**Location**: Click [here](https://www.mdcoalition.org/what-we-do/family-leadership-training/) 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. The program fosters emotional, physical, and mental well-being in a supportive and nurturing environment.

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

**HEALTHY LIVING**

**Title:** Living Well with Diabetes: Toolkit

**Description:** Living Well with Diabetes offers support, self-management skills and education for those living with diabetes and their caregivers and partners. Includes virtual classes and free materials including a workbook and other resources to help you manage your health.

**Date and Time:** Tuesdays, April 29 – June 10, 2025, 6:30 – 7:00 pm.

**Location:** Virtual. Click [here](https://community-programs.hcpss.org/2025-04/living-well-diabetes-toolkit-0) to register.

**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:** Stop the Bleed Day

**Description**: Hosted by the UM R Adams Cowley Shock Trauma Center, Trainings will be held every hour on the hour and participants would have the opportunity to learn about the Maryland State Police Aviation Command, tour the medivac helicopter (as long as it isn’t deployed), and participate in an injury and violence prevention fair.

**Date and Time:** Thursday, May 22, 2025, 8:00 am – 6:00 pm

**Location:** Maryland State Police Aviation Command Trooper 1 Barracks at martin State Airport, 3023 Strawberry Point Rd, Middle River, MD 21220. Click [here](https://mdcot.com/stop-the-bleed/) 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:** 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).

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

**HEALTHY MINDS**

**Title:** Question, Persuade, Refer (QPR) Gatekeeper

**Description**: The Mental Health Association of Maryland and Horizon Foundation will host training sessions with the goal of increasing mental health awareness and suicide prevention throughout Howard County and greater Maryland. This important 60-minute session will provide essential training on suicide prevention. Following the main session, there will be an optional 30-minute scenario-based practice session.

**Dates and Time:** Thursday, May 15th 4:00 pm - 5:30 pm.

**Location:** Virtual. Click [here](https://events.mhamd.org/en/o0HUhk6/g/QxZc5e6SkV?search=&sortBy=date&category=&date=TODAY&keywords=) to learn more and to register.

**Title:** Human Trafficking and The Deaf Community: A Town Hall

**Description**: Hosted by the Howard County Office of Human Trafficking Prevention, this in-person event is open to all, but there is a specific emphasis on outreach to the Deaf community and those closely connected to the Deaf community. Sign language interpreters will be onsite, and closed captions will be provided.

**Date and Time:** Wednesday, May 21, 2025, 6:00 – 8:00 pm

**Location:** East Columbia 50+ Center, 6610 Cradlerock Way Columbia, MD 21045. Click [here](https://www.eventbrite.com/e/human-trafficking-the-deaf-community-town-hall-tickets-1296046202079) to register.

**Title:** Bridging and Belonging to Strengthen Social Connections

**Description**: Join Healthy Places by Design to learn about the status of disconnection in our country and communities, as well as evidence-based strategies and community examples to foster bridging and belonging while honoring diversity.

**Date and Time:** Wednesday, May 28, 2025, 3:00 pm, Virtual. Click [here](https://us02web.zoom.us/webinar/register/WN_e3RymeejSqagIKlDLlievg#/registration) 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:** 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:** 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:** International Night

**Date and Time:** Thursday, May 15, 2025, 6:00 pm – 8:00 pm.

**Location:** Cradlerock Elementary School, 6700 Cradlerock Way, Columbia, MD, 21045

**Title:** United Way Community Fair

**Date and Time:** Saturday, May 17, 2025, 10:00 am – 2:00 pm.

**Location:** Family Center in Columbia, 7115 Columbia Gateway Drive, Columbia, MD, 21046

**Title:** Spring Community Fair and Food Distribution

**Date and Time:** Saturday, May 17, 2025, 4:00 pm – 7:00 pm.

**Location:** 9121 Red Branch Rd, Columbia, MD 21045

**Title:** Family Night Extravaganza – Vaping Presentation

**Date and Time:** Tuesday, May 20, 2025, 6:00 pm – 7:30 pm.

**Location:** Hammond Middle School, 8100 Aladdin Drive, Laurel, MD, 20723

**Title:** Spring Bike Around

**Date and Time:** Saturday, May 31, 2025, 9:00 am – 1:00 pm.

**Location:** Color Burst Park, 6000 Merriweather Drive, Columbia, MD, 21044

**Title:** Savage Fest

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

**Location:** Baldwin Common and Carroll Baldwin Hall, Corner of Foundry & Baltimore streets, 9035 Baltimore Street, Savage, MD. Click [here](https://www.savagecommunityassociation.com/savage-fest-2025) to register.

**OTHER RESOURCES/RESEARCH/ARTICLES**

## Healthy Beginnings

* 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).
* Webinar: Newborn Screening in the United States. [Link](https://events.nationalacademies.org/44990_05-2025_newborn-screening-current-landscape-and-future-directions-report-release-webinar?utm_source=HMD+Email+List&utm_campaign=f5c6917eea-EMAIL_CAMPAIGN_2025_04_23_04_00&utm_medium=email&utm_term=0_-f5c6917eea-180878116&mc_cid=f5c6917eea&mc_eid=c6e469f632).
* 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: Freezing & Frozen Food Safety: Maximizing Nutrition, Convenience & Affordability. [Link](https://fightbac.org/events/).
* 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).
* Webinar: Bridging and Belonging to Strengthen Social Connections. [Link](https://us02web.zoom.us/webinar/register/WN_e3RymeejSqagIKlDLlievg#/registration).
* 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

* 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).
* Webinar: Upcoming Maryland Addiction Consultation Service Training Opportunities. [Link](https://myemail.constantcontact.com/Alcohol-Awareness-Month--Providing-care-for-patients-with-AUD.html?soid=1132314066224&aid=8aZ5Itd138g).
* Webinar: Unraveling the Neurobiology of Empathy and Compassion: Implications for Treatments for Brain Disorders and Human Well-being. [Link](https://events.nationalacademies.org/44350_05-2025_unraveling-the-neurobiology-of-empathy-and-compassion?utm_source=HMD+Email+List&utm_campaign=d9f4437ff3-EMAIL_CAMPAIGN_2024_12_17_06_24&utm_medium=email&utm_term=0_-d9f4437ff3-180878116&mc_cid=d9f4437ff3&mc_eid=c6e469f632).
* 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).