October 3, 2024

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 with your stakeholders 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).

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**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* The next Full HCLHIC meeting is October 17 from 9:00am to 11:00am.[**Link**](https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtdtcreator)**.**
* Howard County Executive Calvin Ball Opens New COVID-19 Memorial at Meadowbrook Park. [Link](https://www.youtube.com/watch?v=Fhm5K9HAq98&feature=youtu.be).
* Howard County is celebrating Walktober in October. [**Link**](https://www.howardcountymd.gov/walktober)**.**
* STOP THE BLEED training to be administered to Howard County Public School health and P.E. teachers. [Link](https://www.youtube.com/watch?v=PBD02EUH4kw).
* Howard County celebrates Business Appreciation Week October 7 – 11. [**Link**](https://www.eventbrite.com/e/howard-county-business-appreciation-week-2024-registration-936580436297?aff=oddtdtcreator).
* Find free or reduced cost movement and exercise programs on the HCLHIC Physical Activity webpage. [Link](https://www.hclhic.org/healthy/physical-activity).
* The Howard County Tree Savers Program is open to volunteers.[**Link**](http://www.howardcountymd.gov/forestry).
* The North Laurel Community Center Fall Festival will be October 5 at 12pm. [**Link**](https://www.howardcountymd.gov/fall-festival).
* Registration is open for the Southern Maryland Empowering You to Increase Cancer Screening: Train the Trainer Workshop. [**Link**](https://www.eventbrite.com/e/empowering-you-to-increase-cancer-screening-train-the-trainer-calverthealth-tickets-1008545806657?aff=oddtdtcreator).

**FUNDING OPPORTUNITIES**

**Title: Horizon Foundation Organizing and Advocacy Grant Opportunity**

**Description:** Grantees will be awarded up to $100,000. Grantees may receive funding for up to 2 years. Funding will support organizations to co-create solutions focused on three initial housing priorities: expanding renter protections, sustaining homeownership and strengthening systems to advance housing justice. Strategies/Activities could include tenant organizing, policy change, power building and community engagement. Grantees will be expected to collaborate with the Foundation and fellow grantees in a co-creation process that will begin January 2025.

**Applications Deadline:** October 8, 2024. [Apply](https://www.thehorizonfoundation.org/2024-advancing-community-advocacy-fellowship/)

**Title: Housing Service Provider Workgroup Grant Opportunity**

**Description:** Grantees will be awarded up to $10,000 to participate in a workgroup. that will identify prevention strategies to address housing insecurity, explore ways to strengthen service coordination and make policy recommendations to support systems change. Grantees will be expected to select 1 – 2 representatives to attend 6 bimonthly meetings from January – December 2025.

**Applications Deadline:** October 8, 2024. [Apply](https://www.thehorizonfoundation.org/2024-housing-justice-rfp/)

**Title: Women’s Health Research**

**Description:** In alignment with the White House Initiative on Women’s Health Research, the Office of Research on Women's Health has released a new NOSI to highlight interest in receiving research applications focused on diseases and health conditions that predominantly affect women (e.g., autoimmune diseases; depressive disorders, Alzheimer’s disease (AD) and Alzheimer’s disease-related dementias (ADRD), gender-based-violence), present and progress differently in women (e.g., cardiovascular disease; HIV; reproductive aging and its implications), or are female-specific (e.g., uterine fibroids; endometriosis; menopause).

**Applications Deadline:** Submission dates vary by awarding NIH Institute or Center Contacts. [Apply](https://grants.nih.gov/grants/guide/notice-files/NOT-OD-24-079.html)

**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: Doulas & Dads**

**Description**: The Howard County Health Department P.E.A.C.E Project will be hosting a Doulas & Dads event on October 10. Join other fathers at the Howard County Family Support center to learn how Doulas & Dads can work together during birth and beyond.

**Date/Time:** Thursday, October 10 & 24, 2024, 6:00pm - 7:30pm

Register using the [link](http://bit.ly/DoulaAndDad).

**Title: SAILS inaugural Celebration Gala**

**Description**: Join SAILS as they come together to uplift, support, and remember on November 22, 2024, 6pm to 10pm. A heartfelt gathering dedicated to supporting families navigating the difficult journey of the loss of a baby.

**Date/Time:** November 22, 2024, 6:00pm – 10:00pm.

Register using the [link](https://allevents.in/silver%20spring/raising-the-sails-inaugural-gala/200026864900002).

**Title: P.E.A.C.E Project Diaper Giveaway Day**

**Description**: The Howard County Health Department P.E.A.C.E Project is hosting a diaper giveaway(while supplies last) on October 22nd starting at 10:30am. Meet at back entrance of the Howard County Health Department(8930 Stanford Blvd Columbia, MD) . Walk-up only. No registration required.

**Date/Time:** Tuesday**,** October 22, 2024, 10:30am - 12:30pm

Register using the [link](https://www.hclhic.org/home/event/1295).

**Title: Truck or Treat**

**Description**: Celebrate Halloween with a “wheely fun” day outdoor event for all ages! Dress in costume to trick-or-treat at trucks, tractors, emergency vehicles, and more, while meeting hometown heroes.

**Date/Time:** Saturday, October 12, 2024, 10:00am – 3:00 pm

Register using the [link](https://www.howardcountymd.gov/truckortreat).

**Title: Free Bikes 4 Kidz**

**Description**: Free Bikes 4 Kidz (FB4K) Maryland is a Howard County-based non-profit organization geared toward helping all kids ride into a happier, healthier, more independent childhood by providing bikes to those most in need. You can help by stopping by any Howard County fire station from 9:00 a.m. to 2:00 p.m. on Saturday, October 5th to donate any bike you no longer need.

**Date/Time:** Saturday October 5, 2024, 9:30am

More information [here](https://fb4kmaryland.org/).

**Title: Nurturing Your Child’s Temperament**

**Description**: Tailor your parenting approach to support your child's growth and nurture their strengthsto foster a positive and supportive environment. Geared towards caregivers of children, birth to five.

**Date/Time:** Tuesday, October 8, 2024, 6:30pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143437?onlineSiteId=0&from_original_cui=true).

**Title: Parent’s Guide to Challenging Behaviors**

**Description**: The Pyramid Model is a comprehensive, research based approach that considers all factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

**Date/Time:** Thursday, October 24, 2024, 1:00pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143443?onlineSiteId=0&from_original_cui=true).

**HEALTHY LIVING**

**Title: English Conversation Class**

**Description:** Join the Office on Aging and Independence for a friendly, fun English conversation class to improve your language skills and meet new people! Open to all adults 18+ and all levels of English; no legal documentation is necessary to enroll or attend class. Learn in a relaxed setting while connecting with others. For more information, call 410-313-0380.

**Date/Time:** Wednesdays, October 9 - December 18, 2024, 4:30pm - 5:45pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143392?onlineSiteId=0&from_original_cui=true).

**Title: Hybrid Reset Exercise Class**

**Description**: Join Abby Dixson, cancer exercise specialist, in this class designed to get stronger and feel better. This class is a stretch and strength class. Chair format with balance and mobility.

**Date/Time:** Wednesdays, October 2024

Register using the [link](https://www.signupgenius.com/go/9040C4CABA929A3FF2-50487272-october#/).

**Title: Oncology Yoga**

**Description:** Oncology Yoga matches breath and movement to stimulate the immune system, improve flexibility and strength, reduce anxiety and boost overall well-being. All equipment provided. Led by Jill Krause, founder of YOUniversal Love, Yoga Teacher, 200 E-RYT, y4c.

**Date/Time:** Mondays, October 2024, 10:00am - 11:00am/

Register using the[link](https://lp.constantcontactpages.com/ev/reg/m2ckx2c/lp/580c6aa4-78ea-4f1c-b0d8-4379607bcaaf?source_id=1206f43e-6f6a-43a2-8e38-9e9bbd0e7204&source_type=em&c=CMRGUUwtCmnNk5pJiSXX8oq-wdxw85d69wsizwHEkixCWw0qWExkEw==).

**Title: A Way to Wellness: Becoming Your Best Self**

**Description:** Join Columbia Association on Wednesday, October 23, from 6 pm to 8:30 pm, at the Jim Rouse Theatre (5460 Trumpeter Rd, Columbia, MD 21044 ) for 'A Way to Wellness: Becoming Your Best Self.' CA, along with our Medical Advisory Board, will provide expert advice to anyone and everyone on how to thrive. A panel of medical experts will focus on how we eat, the power of sleep, and the different ways stress can connect to our metabolism.

**Date/Time:** Wednesday, October 23, 2024, 6:00pm - 8:30pm

Register using the [link](https://columbiaassociation.org/events/calendar/#event=77703042;instance=20241023180000?popup=1&lang=en-US).

**Title: PINK PATHWAYS: Your Passport to Women’s Health in Howard County**

**Description:** Mark your calendars and join HCEDA on Wednesday, September 25th for its free Health and Wellness Fair. Hosted in collaboration with Princess Akeema Holistic Care and Revive Trinity, this vibrant celebration of health and wellness showcases small and local businesses passionate about promoting a healthy lifestyle and fostering a sense of community.

**Date/Time:** Saturday, October 26 11:00am - 2:00pm

Register using the[link](https://pink-pathways2024.events.hcgh.hopkinsmedicine.org/).

**Title: Health Equity in Emergency Preparedness and Response**

**Description:** Join CDC’s Office of Health Equity (OHE) and our partners to learn about the importance of health equity in emergency response and preparedness. OHE and CDC’s Office of Readiness and Response will present on its emergency response work, including the establishment of the Chief Health Equity Officer (CHEO) unit in CDC emergency responses.

**Date/Time:** Wednesday**,** October 23, 2024, 3:00pm – 4:30pm

Register using the[link](https://cdc.zoomgov.com/webinar/register/WN_zprBdx3hT2ynn3USQFdsKg#/registration).

**Title: Every Step Counts Autism Walk & 5k Run**

**Description:** Each year, the Autism Society of Maryland's Every Step Counts Autism Walk & 5K Run brings together those touched by Autism and members of the broader community in a supportive, energizing, fun environment. Join us! Together we are #AutismStrongMD. The goal is to raise $120,000 toward programs and services for the local Autism community that is more than 8,000 strong

**Date/Time:** Saturday, October 5, 2024, 10:00am - 12:00pm

Register using the[link](https://www.grants.gov/search-results-detail/343551?rsus=200-500-5205a769-2727-4d03-8d04-46d9e3fbd206).

**Title: The Essentials of Health Equity: Building a Shared Understanding Training**

**Description:** An essential course designed to equip public health professionals, private healthcare employees, and nonprofit leaders with the knowledge to address health disparities and promote equity in healthcare. This course will provide participants with tools to better understand and influence the systems that affect health outcomes. As health disparities continue to shape the healthcare landscape, this foundational course will help professionals from various sectors develop the skills necessary to tackle these issues head-on. The virtual meeting link will be sent upon confirmation. Don’t miss this opportunity to enhance your understanding of health equity and how you can make an impact!

**Date/Time:** Tuesday, October 29, 2024, 2:00pm – 4:00 pm

Register using the[link](https://institutephi.myabsorb.com/#/instructor-led-courses/34d78042-3f3d-44a8-99a1-93438fd90af5).

**HEALTHY MINDS**

**Title: Journey to Liberation: Decolonizing he Mind, Body, and Spirit**

**Description**: A transformative 9-week therapy group designed to empower BIPOC individuals by exploring the deep connections between mental, physical, and spiritual well-being. Participants will engage in a guided journey to unlearn colonial thought patterns, reclaim their bodies, reconnect with ancestral roots, and heal both personal and generational trauma. This group offers a supportive, intimate environment for those seeking to awaken to their true identity and embrace holistic healing.

**Date/Time:** Wednesdays October 16 – December 11, 2024, 4:00pm.

Register using the [link](https://www.urbanmh.com/journey-to-liberation-group).

**Title: National Prescription Drug Take-Back Drugs Day**

**Description**: Join the fight against drug misuse and participate in National Prescription Drug Take-Back Day. Drive up and drop off unused or expired prescription medications and our staff will dispose of them for you safely.

**Date/Time:** October 26, 2024 at 10:00am

Register using the [link](https://www.hopkinsmedicine.org/about/drug-take-back-day).

**Title: Mindful Mosaics: Mindfulness Painting**

**Description**: join Mindful Mosaic first event, Mindfulness Painting, a student-led initiative in Howard County dedicated to spreading awareness about mental health in teens. The event will be held in the Belmont Room on October 19, 2024 1pm – 2pm.

**Date/Time:** October 19, 2024 1pm – 2pm.

Register using the [link](https://howardcounty.librarycalendar.com/event/mindful-painting-262735).

**Title: NAMI Maryland’s 42nd Annual Conference**

**Description:** NAMI Maryland’s 42nd Annual Conference will be held virtually on October 4th and 5th, 2024! This year’s conference will bring together experts, advocates, and individuals passionate about mental health. Together, we’ll delve into crucial topics, foster insightful conversations, and work towards improving the lives of those affected by mental illness.

**Date/Time:** October 4 – 5, 2024

Register using the [link](https://www.acshoco.org/events/acs-events/).

**Title: Intimate Partner Violence in the Military and Veteran Community: Understanding Its Impact on Family Structure**

**Description:** Identify the Unique Stressors and Risk Factors related to military life and how these factors contribute to the prevalence of IPV in military and veteran communities. Describe the emotional, psychological, economic, and social impacts of IPV on family members. Explore prevention, intervention, and support strategies to support IPV victim.

**Date/Time:** Thursday, October 17, 2024, 1:00pm – 3:00pm

Register using the [link](https://www.edgereg.net/er/Registration/StepRegInfo.jsp?ActivityID=43019&StepNumber=1&v=NDVhZmY4OWQtMjA4Ny00YmEyLTkxNjEtYWIzZDdhMjBjNWY0).

**OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES**

**Healthy Beginnings**

* Supported Decision-Making for Families Workshop open for registration. [Link](https://www.tfaforms.com/5137994)
* HCPSS is offering “What Your Child Will Learn” Guides. [**Link**](https://www.hcpss.org/academics/what-your-child-will-learn-guides/)**.**
* Family-Centered Toolkit for Domestic Violence article. [Link](https://cbexpress.acf.hhs.gov/article/2024/october/family-centered-toolkit-for-domestic-violence-programs/f28ab7041bec165087a2642ce54bcb7d?utm_medium=email&utm_source=cbx050423)
* School knowledge of infectious diseases in schools article. [Link](https://pubmed.ncbi.nlm.nih.gov/39109148/).
* Rising suicide rates among preteens points to urgent need for interventions article. [**Link**](https://www.deseret.com/family/2024/07/31/preteen-suicide-rate-increase-young-girls-minorities/?utm_medium=email&utm_source=govdelivery)**.**
* Toolkit Provides Mental Health and Substance Use Support for Families Across the Lifespan article. [**Link**](https://cbexpress.acf.hhs.gov/article/2024/october/toolkit-provides-mental-health-and-substance-use-support-for-families-across-the-lifespan/f06f7f881bec165087a2642ce54bcb0f?utm_medium=email&utm_source=cbx050423).
* Fathers as Partners in Child Welfare, Focus of New Digital Dialogue article. [**Link**](https://cbexpress.acf.hhs.gov/article/2024/october/fathers-as-partners-in-child-welfare-focus-of-new-digital-dialogue/45adb7c41bec165087a2642ce54bcba1?utm_medium=email&utm_source=cbx050423)**.**

**Healthy Living**

* Fire Safety Awareness Week is October 6 - 12. [**Link**](https://www.firstalert.com/us/en/safetycorner/general-home-safety-tips/)**.**
* October is National Breast Cancer Awareness Month. [Link](https://www.cdc.gov/cancer/features/breast-cancer.html?CDC_AAref_Val=https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm).
* Registration for the 2024 Safe Routes to School National Conference is open. [**Link**](https://web.cvent.com/event/25fffaa0-4df9-41de-b00f-021558eea253/websitePage:de3c8a65-4734-48fe-9e3b-0c0ed28efe12).
* October is Domestic Violence Awareness Month. [**Link**](https://www.cdc.gov/intimate-partner-violence/about/?CDC_AAref_Val=https://www.cdc.gov/injury/features/intimate-partner-violence/index.html).
* Recreation & Parks 2024 Fall Activity Guide is available online. [**Link**](https://www.howardcountymd.gov/recreation-parks/resource/2024-fall-activity-guide).
* Drug-Free Obesity Capsule cleared article. [**Link**](https://www.medpagetoday.com/endocrinology/generalendocrinology/112205?xid=nl_mpt_DHE_2024-10-01&mh=f80893805c96b03be10da3d9b0486440&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202024-10-01&utm_term=NL_Daily_DHE_dual-gmail-definition).
* Registration for the American Public Health Association Annual Meeting & Expo is open. [Link](https://www.apha.org/Events-and-Meetings/Annual/?utm_source=Informz&utm_medium=email&utm_campaign=APHA%20Website&_zs=cfnSe&_zl=d0m94).
* Rachell L. Gray Community Foundation will continue their Fresh Produce initiative on October 28. [**Link**](https://www.rlgcommunityfoundationhelp.org/event-details/monthlyfresh-produce-12).

**Healthy Minds**

* Maryland Department of Health Partners with Baltimore Ravens to Fight Addiction Stigma. [Link](StopOverdose.maryland.gov).
* Maryland Department of Health announces new program for youth struggling with substance and opioid use disorders. [Link](health.maryland.gov/youthbehavioralhealth)
* Study Examines How START Program Mitigates Co-Occurring Substance Use and Child Maltreatment article. [Link](https://cbexpress.acf.hhs.gov/article/2024/october/study-examines-how-start-program-mitigates-co-occurring-substance-use-and-child-maltreatment/420e73481bec165087a2642ce54bcb0a?utm_medium=email&utm_source=cbx050423)
* Safe Firearm Storage Workshop is open to the public. [Link](https://files.constantcontact.com/ee5927fe501/4d737fc2-6c09-481a-8d4c-eb18d921374a.pdf?rdr=true)
* Register for the Integrative Medicine for Mental Health 2024 Conference. [Link](https://www.immh.org/event/fb0a2399-b900-4974-808d-585e2a35c5e2/websitePage:c63f4749-fa71-48d3-badb-2da1895fed90)