October 2, 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.

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# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* The next Full LHIC Meeting is scheduled for Thursday, October 16th, in-person and via Zoom. Click [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator) to register.
* Celebrate Walk Maryland Day with Walkinars and join the MDOT in Motion Step Challenge! Click [here](https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=136) for more information. Click [here](https://mdotstepcalculator-fcgzbjddeghtdjah.eastus-01.azurewebsites.net/) to access the Step Calculator.
* Howard County Health Department is offering FREE Flu Vaccine Clinics. Click [here](https://www.howardcountymd.gov/health/seasonal-flu) for more information.
* Howard County 50+ Centers will be hosting Walktober events this year. Click [here](https://www.howardcountymd.gov/walking#walking-clubs) for more information.
* The next Horizon Foundation’s First Thursday has been rescheduled to October 9 at 10 am. Send an email here for more information.
* HCLHIC has new SNAP and Diabetes Prevention resources in English, Spanish, Chinese, and Korean. Click [here](https://www.hclhic.org/healthy/chronic-disease) to learn more and request printed materials.
* HCLHIC Food Connections Map has been updated. Click [here](https://www.hclhic.org/foodmap) to access the map.
* Howard County’s Older Adult Home Modification Program (OAHMP) is working to ensure residents can age safely and independently. Click [here](https://www.howardcountymd.gov/aging-independence?fbclid=IwY2xjawMkLdRleHRuA2FlbQIxMABicmlkETFTOWZOWVhQaTRuUTlCYWg3AR7ECO4D_zncCvhfFYNgAvmfr-SzyaIuQFCI2oBulGrxZ4JAV05HgYHnTY0Y9Q_aem_75H1CDP9AEXZwSoQahbPMA) to learn more.
* Transit 101 for Howard County Older Adults. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/152228?onlineSiteId=0&from_original_cui=true) to register and to learn more.
* Howard County Health Department Substance Use Prevention Survey is live. Click [here](https://docs.google.com/forms/d/e/1FAIpQLSeHBf0lzXkD3lyx0QiRFJgQGfnWUkxByFofOa7i3Bu-CGuMtw/viewform) to complete the survey.
* Howard County Health Department is seeking responses for their Substance Use Prevention Survey. Click [here](https://www.howardcountymd.gov/health/behavioral-health) for more information and to submit the survey.
* The Summer Farmers Markets will resume in front of the Howard County Health Department. Click here to [learn](https://www.howardcountymd.gov/health/women-infants-children-wic) more.
* ﻿Safe Schools Maryland is Maryland’s only official anonymous reporting system. Click [here](https://schoolsafety.maryland.gov/Pages/Tipline.aspx) for more information.
* Maryland SUN Meals program provides FREE meals for kids 18 and under. Click [here](https://mars.msde.maryland.gov/mars_sitesearch/?fbclid=IwY2xjawLQ8q1leHRuA2FlbQIxMABicmlkETE4M2tKSU9CSHY1VUlYZVA3AR6MzDCl3QPM1SGudAk3iUUylI0tWOEOo_Ns7yPCsMPX4kLe61oELQODIGrCrQ_aem_411W79r-z-gjCvGdtCoC-Q) to find meal sites.
* Howard County Police Department is offering 911 flagging to residents. To request a flag on your address, click [here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnamihowardcounty.us6.list-manage.com%2Ftrack%2Fclick%3Fu%3D473a38e48a52b072a71bfc6b1%26id%3Dfd912c8bcd%26e%3Ddc54dfc3d0&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C41b431b76ac5417680ad08dda1f9126a%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638844813771142844%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C60000%7C%7C%7C&sdata=pGHo8yYjpKBdKaloque3UcKxKtgocGvaKjO2LMqW44Q%3D&reserved=0).
* Free bus fare for Howard County middle school and high school students, and residents 60 years and older. Click [here](https://www.transitrta.com/estore-action/) to learn more.
* 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.
* The latest episode from Howard County Health Department HoCo Podcast is now available. Click [here](https://hocohealth.podbean.com/) to listen.
* Maryland Department of Health announces preliminary state prevention plan and firearm violence data dashboard. Click [here](https://health.maryland.gov/dataoffice/mdh-dashboards/Pages/firearm-violence.aspx) to learn more.
* 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/).
* Free Planet Fitness Membership for Maryland Physician Care Members. Click [here](https://www.marylandphysicianscare.com/planet-fitness/) for more information.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Maryland Department of Health has rebranded its online customer portal, myMDThink, to MarylandBenefits.gov an easy-to-use Benefits Screener. Click [here](https://benefits.maryland.gov/home/#/) to access.
* 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.

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**FUNDING OPPORTUNITIES**

**Title:** MacFarlane Equity Impact Grant

**Description:** The Roger I. & Ruth B. MacFarlane Foundation offers grants up to $250,000 to organizations advancing equity and well-being through programs in education, health, economic empowerment, environmental justice, and support for women and girls across the U.S.

**Rolling applications**: Click [here](https://www.nifa.usda.gov/grants/funding-opportunities/agriculture-food-research-initiative-foundational-applied-science?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) to learn more.

**Title:** The Standard Charitable Foundation 25K Human Services Grant

**Description:** The Standard Charitable Foundation awards up to $25,000 in grant funding for nonprofit programs that build healthy communities and help maintain their vitality, and programs that address major human services issues affecting children and families.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/25k-human-services/) to learn more.

**Title:** NFL Military Grant

**Description:** The NFL has partnered with the Bob Woodruff Foundation (BWF) to expand its Salute to Service initiative by offering fund nonprofit organizations and programs that focus on improving the overall health and wellbeing of service members, veterans, their families, and caregivers.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/nfl-military-grant/) to learn more.

**Title:** Underserved Communities Grant

**Description:** The Tony Robbins Foundation offers grants of up to $15,000 to nonprofits empowering youth, the elderly, disabled individuals, the homeless, the hungry, and prison populations.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/underserved-communities-grant/) to learn more.

**Title:** Healthy Eating Research: Special Call for Rapid-Response Projects

**Description:** This Call for Proposals (CFP) seeks to fund research, policy reports, and evaluations that examine how changes in nutrition and other social policies affect health, nutrition, and economic outcomes for diverse, low-income families.

**Rolling applications**: Click [here](https://healthyeatingresearch.org/wp-content/uploads/2025/06/HER-2025-Rapid-Response-CFP.pdf) to learn more.

**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:** Community Opportunity Grant

**Description:** The Albert and Ethel Herzstein Charitable Foundation provides grants averaging $17,000 to nonprofits that create positive community impact by enriching lives, celebrating human dignity, and offering opportunities for individuals to improve their own futures.

**Rolling applications**: Click [here](https://urbanawarenessusa.org/community-opportunity-grant/) to learn more.

**Title:** Kroger Foundation, Community Impact Grant

**Description:** Kroger Foundation provides funding to nonprofits up to $125,000 to focus on Zero Hunger, Zero Waste, Diversity & Inclusion, Health & Nutrition, and Stronger Communities.

**Rolling applications**: Click [here](https://thekrogerco.versaic.com/login) to learn more.

**Title:** Charles Lafitte Foundation

**Description:** The Charles Lafitte Foundation provides grants to support children’s education, advocacy, healthcare, and the arts, funding programs that enhance learning, improve child welfare, advance medical research, and inspire creativity in young minds.

**Rolling applications:** Click [here](https://charleslafitte.org/grants/application/) to learn more.

**Title:** Stellar Foundation

**Description:** Stellar Foundation provides funding up to $2,000 to nonprofits to focus on healthcare, education, artistic and cultural events, and community services.

**Rolling applications:** Click [here](https://urbanawarenessusa.org/2k-community-services/) to learn more.

**Title:** Standard Insurance Company

**Description:** Standard Insurance Company offers grants up to $25,000 to nonprofits supporting healthy communities, disability empowerment, cultural development, and education, with funding available for programs, operations, capital needs, and events.

**Rolling applications:** Click [here](https://www.standard.com/get-to-know-standard/community-impact/apply-funds) to learn more.

**Title:** 15 and the Mahomies Foundation

**Description:** 15 and the Mahomies Foundation offers grants of up to $15,000 to initiatives supporting children’s health, wellness, and community needs, aiming to make a positive impact on young lives.

**Rolling applications:** Click [here](https://urbanawarenessusa.org/mahomies-child-grant/) to learn more.

**Title:** Henry E. Niles Foundation

**Description:** The Henry E. Niles Foundation provides grants of up to $50,000 to support global humanitarian efforts. Funding focuses on advancing education at all levels, fostering economic self-sufficiency through job training and entrepreneurial initiatives, and improving public health for disadvantaged communities. Faith-based and community-driven programs are prioritized.

**Rolling applications:** Click [here](https://www.henryniles.org/applications--reports.html) for more information.

**Title:** Hearst Foundation

**Description:** In response to the shortage of healthcare professionals necessary to meet the country’s evolving healthcare demands, the Hearst Foundations fund programs designed to enhance skills and increase the number of practitioners and educators across roles in healthcare. The Foundations also support public health, medical research and the development of young investigators to help create a broad and enduring impact on the nation’s health.

**Rolling applications:** Click [here](https://www.hearstfdn.org/health/funding-priorities) to learn more.

**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.

**Title:** Agriculture and Food Research Initiative - Foundational and Applied Science Program

**Description:** USDA AFRI’s Foundational and Applied Science Program Request for Application for FY 2026 is now available on the USDA-NIFA website.

**Applications Deadline: December 31, 2026** Click [here](https://www.nifa.usda.gov/grants/funding-opportunities/agriculture-food-research-initiative-foundational-applied-science?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) to learn more.

**Title:** Reasonable Accommodations Repairs Grant

**Description:** The Accessible Resources for Independence (ARI) has funds to provide reasonable accommodation repairs in Howard County rental properties for low-income renters so they may live safely in their homes. Interested individuals should contact Betsy Hein, Assistive Technology Program Manager at bhein@arinow.org or 443-713-3910. Click [here](https://arinow.org/services/reasonable-accommodation-repairs-grant/?fbclid=IwY2xjawMJ0LpleHRuA2FlbQIxMABicmlkETF4aTdSaE5SeXBrS3l4STQxAR53IV_-a5rWwLtKNmRQuz9zNdPPLnC2UFct6sg4w1mOWsRYBbDfOuSe4WwtQA_aem_id9nlJ3Py-VuUOSWVjOohg) to learn more.

**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. Thank you!

##  HEALTHY BEGINNINGS

**Title:** Community Space for Those Who Mother

**Description**: Do you need a safe space to talk about motherhood? Have you felt that speaking about the ease and joy of motherhood often seems to be welcomed, while discussing the hardships seems prohibited? If so, you are not alone. Join Columbia Community Care, Harriet Tubman Cultural Center, and Restorative Justice Partnership as they explore embodied experiences that shape our interactions with ourselves and one another.

**Date and Time:** Wednesday, October 8, 5:00 – 8:00 pm

**Location:** Harriet Tubman Cultural Center, 8045 Harriet Tubman Ln, Columbia, MD 21044. Register [here](https://docs.google.com/forms/d/e/1FAIpQLSdGuxHar55gr30FzKuUUyxzzNMZw44oarmXuI4k9dpUQ0Rjmg/viewform).

**Title:** Rethinking ADHD: What Works, What Doesn’t, and Why

**Description:** Howard County Local Children’s Board is excited to invite you to an upcoming event focused on Attention-deficit/hyperactivity disorder (ADHD). This engaging and informative workshop explores the science behind ADHD and offers practical tools for supporting neurodiverse learners. Lunch and light refreshments will be provided. If you have any dietary restrictions, please let us know when registering. This workshop is free to attend; however, *registration is required.*

**Date and Time:** Thursday, October 16, 2025, 9:00 am - 4:00 pm.

**Location:** East Columbia 50+ Center, 6610 Cradlerock Way, Columbia, MD 21045. Click [here](https://www.signupgenius.com/go/20F054AACAF2FA4FB6-57908935-rethinking#/) to register and to learn more.

**Title:** Doulas and Dads – A Breastfeeding Workshop

**Description:** We invite parents to join us in learning how dads can make a big difference in breastfeeding success. Get tips, benefits, and guidance from certified lactation consultants to make breastfeeding a positive experience for everyone.

**Date and Time:** Thursday, October 16, 2025, 9:30 - 10:30 am

**Location:** Family Support Center, 9790 Patuxent Woods Dr., Columbia, MD 21046. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/156297?onlineSiteId=0&from_original_cui=true) to learn and to register.

**Title:** Clothing Distribution Event

**Description**: Howard County Department of Community Resources and Services (DCRS) is hosting a clothing distribution event. *While supplies last!* New/gently used coats, gloves, mittens, and scarves are needed from all sizes and ages, from infants to adults! Volunteers are also needed to help collect, sort and organize collected items for distribution.

**Date and Time:** Saturday, October 18, 2025, 10:00 am – 12:00 pm

**Location:** North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel, MD 20723. Register here.

**Title:** Diaper Giveaway Day!

**Description:** The Howard County Health Department Perinatal Equity and Care for Everyone (P.E.A.C.E.) is hosting upcoming FREE diaper giveaways at the Howard County Health Department, Heroes Room B. Our PEACE Project team will be on-hand to answer questions and provide resources for other pregnancy needs. *Walk-ins only, no registration required.*

**Date and Time:** Tuesday, October 21, 2025, 10:30 am – 12:30 pm

**Location:** Howard County Health Department, Heroes Room, 8930 Stanford Blvd, Columbia, MD 21045. Click [here](https://www.howardcountymd.gov/health/diaper-giveaway-1) to learn more.

**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 Columbia Association 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**: 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.

**HEALTHY LIVING**

**Title:** WIC Farmer’s Markets

**Description:** Howard County Health Department has partnered with Stoecker Farms to offer pop-up Farmer's Markets at the Ascend One Building (8930 Stanford Blvd. Columbia MD 21045).

**Dates and Times:** Varies.

**Location:** Howard County Health Department, Ascend One Building, 8930 Stanford Blvd. Columbia, MD 21045. Click [here](https://www.howardcountymd.gov/health/women-infants-children-wic) to learn more.

**Title:** Elkridge 50+ Center Walking Club

**Description:** Weather permitting, join fellow 50+ members from Elkridge 50+ Center for a 1–2-mile neighborhood walk. Exercise, socialize and have fun! The group meets in front of the center. Enjoy tea and coffee at the center after your walk. This activity will not meet when the Center is closed.

**Dates and Times:** Starting October 1, 2025 – December 31, 2025, every Tuesday, Wednesday, and Thursday from 8:30 – 9:30 am

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge, MD 21075. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/155265?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** Howard County Office on Aging and Independence A Walktober Kick-off Event

**Description:** All are invited to kick off [Walktober](https://www.howardcountymd.gov/walktober) - a monthlong celebration of walking, Maryland's official sport - with Howard County Office of Aging and Independence (OAI). The first 50 participants will get a free t-shirt! Visit the Howard County Office of Aging and Independence information table to find out about local walking clubs, fitness programs and other OAI services, and enjoy complimentary coffee, water and healthy snacks. Bring a friend to join the group walk, beginning at 8:30 am.

﻿**Date and Time:** Friday, October 3, 2025, 8:00 - 10:00 am

**Location:** The Mall in Columbia (lower level, in the seating/atrium area by Dunkin Donuts), 10300 Little Patuxent Pkwy, Columbia, MD 21044. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/156249?onlineSiteId=0&from_original_cui=true) to learn more and to register.

**Title:** Sunday Suppers

**Description:** The National Alliance on Mental Illness (NAMI) of Howard County (HC) invites adults living with mental illness to join us for Sunday Supper—a free monthly meal and opportunity for fellowship and connection. Attendees are strongly encouraged to sign up in advance. If you need transportation, registration is required by the Wednesday *before* the event.

**Dates and Times:** Starting Sunday, July 20, 2025, and continuing on the third Sunday of every month from 3:00 – 4:30 pm

**Location:** Sheppard Pratt Way Station, 9030 MD-108, Suite A, Columbia, MD 21044. Click [here](https://namihowardcountymd.org/event/sunday-suppers/2025-07-20/) to learn more.

**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, Chinese, and Spanish, and focus on chronic disease, diabetes, and chronic pain self-management.

**Date and Time, and Location:** Varies. 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:** 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 – 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).

**Title:** Living Well: Diabetes Self-Management (Spanish)

**Description:** This Evidence-based diabetes self-management program is designed for people and/or their caregivers living with Diabetes. This program will be hosted in Spanish. Weekly topics include goal setting, action planning, glucose monitoring, skin and foot care, appropriate exercise, nutrition, and healthy eating and maintaining a balanced blood sugar. This program meets for 2.5 hours for six consecutive weeks.

**Date and Time:** Saturdays, October 11 thru November 8, 2025, 10:30 am – 1:00 pm.

**Location:** Central Library Howard County, 10375 Little Patuxent Pkwy, Columbia, MD 21044.

Click [here](https://howardcounty.librarycalendar.com/event/living-well-diabetes-self-management-6-week-course-placeholder-309950) to learn more and to register. En español, comuníquese con María José Candanoza al (410) 313-7223.

**Title:** 2025 Savage 7k and 1-mile Historic Walk

**Description**: Registration is now live for the 2025 Savage 7K and 1-Mile Historic Walk to raise funds for preserving our historic community center. Projects slated for funds from the 2025 event include water sealing the exterior stone walls and insulating the attic. Whether you'd like to participate by running or prefer to support the Hall by joining the historic walk or making a charitable contribution, there are many ways to help ensure this community treasure is maintained for future generations.

**Date and Time:** Sunday, October 26, 8:00 – 9:30 am, Carroll Baldwin Hall, 9035 Baltimore St., Savage, MD 20763. Click [here](https://www.carrollbaldwinhall.org/savage7k?utm_campaign=0422df18-6fd2-4000-8a56-ff914e0575b6&utm_source=so&utm_medium=mail&cid=963721ac-531e-4b62-ac11-aa76dacb61aa) for more information.

**HEALTHY MINDS**

**Title:** Columbia Art Center Movie Night: The Upstanders

**Description**: Join in the raising of awareness about bullying at the film screening “The Upstanders”. Post-screening Q&A with community partners. Screening is free and open to the public. *RSVP required*.

**Date and Time:** Wednesday, October 8, 5:30 – 7:30 pm. Register [here](https://columbiaassociation.org/events/calendar/#event=78132356;instance=20251008173000?popup=1&lang=en-US).

**Location:** Columbia Art Center, 6100 Foreland Garth, Columbia, MD

**Title:** Voices of Change: Embracing the Power of We

**Description**: The Howard County Local Children’s Board is hosting Voices of Change: Embracing the Power of We, a live theatre presentation that addresses the impact of lived experiences and helps navigate today’s world. This free event brings a voice to often unheard communities and a shared vision to support fairness and justice for all humanity.

**Date and Time:** Thursday, October 30, 2025, 5:15 pm - 8:00 pm (Networking Session 5:15 pm - 6:00 pm, Presentation Promptly Starting at 6:00 pm)

**Location:** Howard Community College, Horowitz Visual and Performing Arts Center, Horowitz Center Smith Theatre, Campus Dr, Columbia, MD 21044. Click [here](https://www.eventbrite.com/e/voices-of-change-embracing-the-power-of-we-tickets-1595818398789?aff=oddtdtcreator) to register.

**Title:** Guiding Good Choices® Classes

**Description**: Guiding Good Choices® is an evidence-based, interactive prevention program that helps you build a stronger bond with your child, while also providing skills proven to reduce the risk of children engaging in substance use. This series of five Zoom classes is for parents, guardians, and grandparents of 9-14 years old, but will consider slightly older or younger children on a case by case basis. Adult or child must be a Howard County resident.

**Date and Time:** Tuesdays and Thursdays, November 11, 13, 18, 20 and December 2, 12:00 - 1:30 pm

**Location:** Virtual. Click [here](https://docs.google.com/forms/d/e/1FAIpQLScUb1X7YOdK-8Wm7uvYPG2nxqoatUvGf1RRPxK8FiHogtz0vw/viewform) to register.

**Title:** Parent CRAFT

**Description**: Parent CRAFT is a self-paced online video course that teaches parents, caregivers, and concerned others solution-focused, practical skills and techniques needed to meet the risks of substance use. This free resource is available in Spanish. Parent CRAFT is available to all Maryland parents and caregivers through Maryland Family and Youth Interventions for Substance Use.

**Date and Time:** Self-paced.

**Location:** Virtual. Click [here](https://www.cadenceonline.com/maryland/?mc_cid=a83f94e683&mc_eid=dc54dfc3d0) to register.

**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.

**Title:** Mental Healthy First Aid and Suicide Prevention QPR Gatekeeper Training

**Description:** Africans for Mental Health is hosting Mental Health First Aid and QPR (Question, Persuade, Refer) Trainings.

**Dates and Times:** Vary.

**Location:** Virtual. Click [here](https://africansformentalhealth.org/trainings) to learn more and to register.

**Title:** Youth Mental Health First Aid Training

**Description:** Everstand is hosting an 8-hour training introducing common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. One or two certified instructors lead each course. Classes usually consist of 30 people or less and are offered in a respectful, comfortable environment.

**Dates and Times:** Vary.

**Location:** Virtual or in-person. Click [here](https://www.everstand.org/youth-mental-health-first-aid-training/) to learn more and to register. For questions, please contact Donna Phillips at dphillips@everstand.org or call at 443-615-3151.

**UPCOMING COMMUNITY EVENTS**

**Title:** Every Step Counts Walk & 5K Run

**Dates and Time:** Saturday, October 4, 9:00 AM

**Location:** Centennial Park, Ellicott City, MD

**Title:** Columbia Classic 10K

**Dates and Time:** Sunday, October 5, 8:00 AM

**Location:** Downtown Columbia Lake Front, 10275 Wincopin Cir, Columbia, MD 21044

**Title:** Howard County Resource Fair

**Dates and Time:** Wednesday, October 15, 4:00 PM

**Location:** East Columbia 50+ Center: 6610 Cradlerock Way, Columbia, MD 21045

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**OTHER RESOURCES/RESEARCH/ARTICLES**

## Healthy Beginnings

* Resource: Kids Garden Food Safety Toolkit. [Link](https://fightbac.org/kidsfoodsafety/curricula-and-programs/#kids-garden).
* Webinar: Weitzman ECHO Prenatal and Maternal Health Learning Series. [Link](https://education.weitzmaninstitute.org/content/weitzman-echo-prenatal-and-maternal-health-2025-2026?utm_source=MWHS+Core&utm_campaign=67259fc2aa-science-to-practice-alcohol-use-disorder-1_COPY_01&utm_medium=email&utm_term=0_-befc4a4b08-244250534#group-tabs-node-course-default1).
* Resource: Find Your Family at School This Fall. [Link](https://www.healthiergeneration.org/app/resources).
* Resource: Improving Access to Children’s Preventive Care: Medicaid Opportunities in School Settings. [Link](https://www.chcs.org/improving-access-to-childrens-preventive-care-medicaid-opportunities-in-school-settings/?utm_source=CHCS+Email+Updates&utm_campaign=30584ef8a1-ACHT-School-based-Health-Blog_08.26.2025&utm_medium=email&utm_term=0_-30584ef8a1-493510513).
* Resource: Environmental Influences on Child health Outcomes (ECHO) Program. [Link](https://echochildren.org/).
* Resource: CDC NIS-Child Breastfeeding Data. [Link](https://www.cdc.gov/breastfeeding-data/survey/results.html).
* Resource: Breastfeeding Data Available
* Article: Prevalence and Correlates of Healthy Behaviors Among Children Age 3–5 Years. [Link](https://www.ajpmonline.org/article/S0749-3797%2825%2900079-0/abstract).
* Webinar: Hypertension in Pregnancy Action Forum. [Link](https://us02web.zoom.us/meeting/register/r1EYbavGQQSBIjcqpNQKQA#/registration).
* Resource: CDC’s Early Childhood Nutrition Report 2025. [Link](https://www.cdc.gov/nutrition/media/pdfs/2025/06/CDC-EarlyChildhoodReport-6-2025-508.pdf).
* Article: Five Ways Medicaid Can Strengthen Pediatric Screenings Through School-Based Health Care. [Link](https://www.chcs.org/five-ways-medicaid-can-strengthen-pediatric-screenings-through-school-based-health-care/?utm_source=CHCS+Email+Updates&utm_campaign=71e2896716-Helmsley+School+Blog+Post_7%2F8%2F2025&utm_medium=email&utm_term=0_-71e2896716-493510513).
* Webinar: Reducing Stigma Associated with Fetal Alcohol Spectrum Disorders (FASDs). [Link](https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/promoting-free-pregnancies-and-addressing-fetal-alcohol-spectrum-disorders-fasds).
* Resources: Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.

## Healthy Living

* Webinar: Unlocking Opportunity: Migraine, Women & Stroke Risk. [Link](https://heart.zoom.us/webinar/register/WN_l8c9VQZHTBSVBaViHKPNmQ#/registration).
* Webinar: American Diabetes Association Let’s Cook Together. [Link](https://ada.withhomemade.com/pages/join).
* Resource: Healthy Mind, Healthy Habits. [Link](https://diabetes.org/about-diabetes/diabetes-prevention/dpp?source=HealthyLiving&cate=Web&loca=natl&adas=02320&lang=EN&utm_source=HealthyLiving&utm_medium=referral&utm_campaign=dpp).
* Resource: Food insecurity, obesity linked in teens. [Link](https://www.jahonline.org/article/S1054-139X%2825%2900315-5/fulltext).
* Webinar: FDA Expert Panel on Food Allergies. [Link](https://www.fda.gov/patients/fda-expert-panels/fda-expert-panel-food-allergies-10062025?utm_medium=email&utm_source=govdelivery).
* Webinar: Advancing Diagnostic Excellence in Rural Areas. [Link](https://events.nationalacademies.org/45238_10-2025_advancing-diagnostic-excellence-in-rural-areas-a-workshop?utm_source=email&utm_medium=button&utm_source=HMD+Email+List&utm_campaign=73eeccee3b-EMAIL_CAMPAIGN_2025_05_23_08_20_COPY_01&utm_medium=email&utm_term=0_-d761c811e7-180878116&mc_cid=73eeccee3b&mc_eid=c6e469f632).
* Resource: Greater Boston Cultural Food Guide. [Link](https://www.gbfb.org/wp-content/uploads/2025/07/GBFB_Cultural-Food-Guide_2025.pdf).
* Resource: Maryland Food Bank College Food Insecurity Report. [Link](https://mdfoodbank.org/news/college-hunger-is-anything-but-academic-in-maryland/).
* Resource: National Food Safety Month Participation Toolkit: [Link](https://fightbac.org/nfsem/).
* Webinar: Building Vaccine Confidence, One School at a Time. [Link](https://www.healthiergeneration.org/app/resources).
* Article: U.S.-Born Latinos Have Higher Rates of Obesity Compared to Foreign-Born Latino and White Youth. [Link](https://www.eurekalert.org/news-releases/1092747).
* Video: Exploring the Treatment and Management of Chronic Pain and Implications for Disability Determination. [Link](https://vimeo.com/showcase/11686542/embed).
* Article: HHS, FDA and USDA Address the Health Risks of Ultra-Processed Foods. [Link](https://www.fda.gov/news-events/press-announcements/hhs-fda-and-usda-address-health-risks-ultra-processed-foods?utm_medium=email&utm_source=govdelivery).
* Training: 2025 Physical Activity & Public Health Research Courses. [Link](https://web.asph.sc.edu/paph/research-course/).
* Article: How exercise can protect against Alzheimer’s. [Link](https://www.nih.gov/news-events/nih-research-matters/how-exercise-can-protect-against-alzheimers).
* Article: FDA Releases 2025 Human Foods Program Guidance Agenda. [Link](https://www.fda.gov/food/hfp-constituent-updates/fda-releases-2025-human-foods-program-guidance-agenda?utm_medium=email&utm_source=govdelivery).
* Resource: New Cancer Prevention Report Released: Dietary and Lifestyle Patterns. [Link](https://www.aicr.org/resources/blog/new-cancer-prevention-report-released-dietary-and-lifestyle-patterns/?utm_medium=email&utm_source=WK6CF1W&utm_campaign=W256CF&sl_tc=&sourceid=WK6CF1W&eType=EmailBlastContent&eId=69854106-ece1-4214-89a0-7a6a9548a628).
* Resource: Targeted Therapies: Precision Weapons in the War on Cancer. [Link](https://www.aicr.org/resources/blog/targeted-therapies-precision-weapons-in-the-war-on-cancer-donors/?utm_source=WK6CF1W&utm_campaign=W256CF&utm_medium=email&eType=EmailBlastContent&eId=69854106-ece1-4214-89a0-7a6a9548a628).
* Resource: Clinical Preventive Services for Addressing Cardiovascular Disease Risk to Reduce Pregnancy-Related Deaths Among Women. [Link](https://www.nationalacademies.org/en/event/45171_06-2025_clinical-preventive-services-for-addressing-cardiovascular-disease-risk-to-reduce-pregnancy-related-deaths-among-women-meeting-3?utm_source=HMD+Email+List&utm_campaign=417513b2d6-EMAIL_CAMPAIGN_2025_06_16_06_27&utm_medium=email&utm_term=0_-417513b2d6-180878116&mc_cid=417513b2d6&mc_eid=c6e469f632).

## Healthy Minds

* Webinar: Cannabis Impaired Driving. [Link](https://umaryland.zoom.us/webinar/register/WN_DUJEUwv6S0GC6Cw7mV2STA#/registration).
* Resource: Understanding Diabetes and Mental Health. [Link](https://diabetes.org/health-wellness/mental-health?lid=33i2hknpj7pw&utm_medium=email&utm_source=newsletter&utm_campaign=250824_september_healthyliving_enews_ecr1474-Healthy_Living_newsletter_master&user_id=5fadbafcb53f339bf5103a4c704d7414d2598cd8b373dcea2271410cc79e068f&utm_term=NOND).
* Resource: Public Comment Opportunities on USPSTF Alcohol Evidence Review and Recommendations. [Link](https://www.uspreventiveservicestaskforce.org/uspstf/public-comments-and-nominations/opportunity-for-public-comment).
* Article: Partnering with People with Lived Experience of Behavioral Health to Guide Reform Strategies. [Link](https://www.chcs.org/partnering-with-people-with-lived-experience-of-behavioral-health-to-guide-reform-strategies-firsthand-reflections/?utm_source=CHCS+Email+Updates&utm_campaign=2a46a03843-CHCS+Monthly+Newsletter_5%2F29%2F2025&utm_medium=email&utm_term=0_-886c344b39-493510513).
* Resource: ADA Mental Health Provider Directory. [Link](https://diabetes.org/tools-resources/mental-health-directory?mkt_tok=MTAzLVFDRi0zMTEAAAGal1dfvw5q9bbYRTUp1sgonG-HbC9SISQDe2pJ6pF9PsAJgffaBiyuf6SPJBv_i3Jel1s5p2NXOr8PuxFoM6WdL6i1k40yFk0Zj3Onj8GA9P4).
* 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.).
* 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).
* Recording: Resources on Bridging and Belonging to Strengthen Social Connections. [Link](https://www.youtube.com/watch?v=ijdhaiUGq4g).