

# Family & Children's

S E R V I C E   O F   I T H A C A

## F&CS: Announcing

### "May is Mental Health Month"

With everything going on, it seems odd to single out just *one* month for mental health awareness. This really feels like the YEAR of mental health awareness. Might 2020 be a year we grow in leaps and bounds in normalizing the reality and struggles of mental health?

In an effort to help combat the continued stigma that surrounds talking openly about mental wellness, we're dedicated to being vocal about mental health in 2020.

As such, in order to shine a light on the daily struggles and triumphs of mental wellness, we're announcing a new community project:



**Reflections on Resilience** is a new, community project to collect and share stories, poems, photographs or photo-series, songs, videos, and reflections on the theme of Resilience. These reflections will showcase the contributions from members of the public in order to raise awareness for the daily mental health struggles and triumphs we all encounter, and to connect with one another by sharing our experiences.

Have you been on a walk and taken pictures? We want to see them! Have you realized you miss something you took for granted? We want to hear about it! Have you realized you *don't* miss something you thought you would? We want to hear that too!

We invite you to submit your own Reflection on Resilience to [Development@fcsith.org](mailto:Development@fcsith.org)

Throughout the month of May, we'll share themes, questions, and inspiration on our [Facebook Page](#) for anyone to respond to. As we receive submissions, we'll post them on our [website](#) and [Facebook](#). Be sure to follow us to get the latest updates.



**Set your calendars!**

On **Tuesday, May 5, 2020**, Family & Children's Service is participating in [Giving Tuesday Now!](#)

[#GivingTuesdayNow](#) is a global day of giving and unity, as an emergency response to the unprecedented need caused by COVID-19. The day is designed to drive an influx of generosity, citizen engagement, business and philanthropy activation, and support for communities and nonprofits around the world. It's a day when we can all come together and give back in all ways, no matter who or where we are.

All donations received [online](#) or through our [Facebook](#) page will go towards our fundraising goal for the day. Your gift will directly support, promote, and strengthen the well-being of individuals and families by ensuring members of our community are able to access the mental health care they need to lead full and active lives. Together, we can lift the overall health and well-being of our entire community.

You can participate by donating after 12:00 AM on Tuesday, May 5, 2020.

**Support F&CS**



**Our mailing address is:**

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607-273-7494

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