



*Your Mind Matters: A Family
Wellness Night
Friday, May 19, 2023
5:00pm-9:00pm*



Public Health
Prevent. Promote. Protect.
**Harford County
Health Department**

Welcome

Dear Harford County Families,

Did you know that one in five people will experience a mental health need in a given year? The Harford County Office on Mental Health is partnering with several agencies and organizations to bring you wellness events throughout the month of May. Your mind matters and our goal this May is to raise awareness about mental health, and educate our community about resources, such as our local helpline, 1-800-NEXT-STEP.

Event Planning Committee

Angela Gray, Local Behavioral Health Authority; **Angelica Kendall**, Local Behavioral Health Authority; **Antoinette Morgan**, Local Behavioral Health Authority; **Camryn Blankenship**, Local Behavioral Health Authority; **Jaime Miller**, Local Behavioral Health Authority; **Jessica Kraus**, Local Behavioral Health Authority; **Leah Keenan**, Local Behavioral Health Authority; **Savannah Sosa**, Local Behavioral Health Authority; **Taylor Idzi**, Local Behavioral Health Authority; **Tracy Kelly**, Local Behavioral Health Authority; **Joseph Cozzati**, Local Behavioral Health Authority; **Michael LaVecchia**, Local Behavioral Health Authority; **Shawn Martin**- Local Behavioral Health Authority; **Jennifer Redding**, University of Maryland Upper Chesapeake; **Christina Alton**, Harford County Public Schools; **Joseph Harbert**, Harford County Public Schools; **Marybeth Stapleton**, Harford County Public Schools; **Pam Smith**, Harford County Public Schools; **Terry Knight**, Harford County Public Schools; **Laura Dahl**, Ashley Addiction Treatment; **Tara Lathrop**, Department of Community Services-Office of Drug Control Policy; **Tiffany Eckstein**, Department of Community Services-Office of Drug Control Policy; **Paula Nash**, Harford County Health Department; **Tracie Young**, Harford County Department of Social Services; **Bari Klein**, Health Harford; **Zach Kosinski**, Voices of Hope.

Kids Zone brought to you by Harford County Public Schools (HCPS)

5:00pm-8:00pm

Welcome to the Kids Zone

Crafts

- Butterfly Craft- *Office of Drug Control Policy*
- Face Painter- *Magic & Main*
- Mindfulness Jar- *Klein Family Harford Crisis Center*
- Rice Stress Ball- *Bridge Program*

Inflatables

- Double Slide
- Bouse House

Batting Cage & Pitch Speed

Harford County Public School Zone

- Parent Academy
- Early Head Start
- Pre-Kindergarten and Kindergarten Registration

Good Hops Picnic Pavilion brought to you by The Klein Family Harford Crisis Center

Welcome to the Good Hops Picnic Pavilion

5:15pm-5:35pm

The Big Infinite:



Big Infinite started their career in the music business under the name Fiction 20 Down. Their first 4 years together were a whirlwind of national tours, studio productions and music video shoots. Along the way they accumulated numerous awards, including 'Breakout Artist of the Year' at the Maryland Music Awards, and they even charted in the Top 10 on iTunes. The band was creating some real buzz within the music industry, when suddenly, everything came to a halt. While on tour in Florida, Jordan

Lally, the band's singer-songwriter, received word that his father's battle with clinical depression had culminated in suicide.

Jordan, and his bandmates DJ Fritzges and Andre Toney, took a step back from the music business, focusing instead on their own mental & emotional health.

When the band reconvened, something had changed. The new music they were creating was raw, vulnerable, and somehow more authentic than anything that had come before. They were a different band, and so to reflect that, they changed their name to the Big Infinite.

They left behind the traditional path of the music industry, instead using their original music in service of mental health awareness and suicide prevention at concerts, schools, conferences and community events. Through music and storytelling, the Big Infinite shine light on their struggles, and the various roads they've traveled to healing. The mission of the Big Infinite is one of connection and self-love - because together, we have the power to heal.

6:15pm-6:35pm

Pound Fit:



POUND® was created in 2011 by two women who were both recreational drummers and former college athletes. They relied heavily on stability-based exercises like Pilates to keep their bodies aligned, symmetrical and lean, but were bored with routine and longed to reignite the fun in exercise. It wasn't until they were forced to drum without a stool and squat over the drum kit that they realized drumming and exercise could be one and the same.

Led by co-creator and CEO, Kirsten Potenza, POUND® is currently taught by over 25,000 instructors in 100+ countries to hundreds of thousands of participants a week, making an active, supportive and passionate community.

7:15pm-7:35pm

Girls United Camp Harford:



Girls United Summer Camp was created to offer elementary school-aged girls a community to express themselves through arts, crafts and fitness as well as to build connections and friendships. Founded by two elementary school teachers, Girls United summer camp promotes wellness in a non-competitive way while encouraging social connectedness through

kindness. Girls, ages 5 to 10, participate in small group and whole group activities through lessons that are designed based on age/grade and needs.

Baseball Infield brought to you by The Harford County Local Behavioral Health Authority

Welcome to Infield

Games- 5:00pm-8:00pm

- Cowboy Barry Petting Zoo and Pony Rides
- Giant Connect Four
- Giant Jenga
- Inflatable Hamster ball Track (***Parent waiver needed***): click link.
- <https://app.waiverforever.com/pending/U8Xmgc0ul91638766461>
- Crabby Axe Truck (***Right Field Pad***) (***Parent waiver needed***) click link.
<https://www.vantora.com/e/cat/waiver/default.asp?ev=615152304>
- *Rock Climbing Wall* (Right Field Pad) (***Parent waiver needed***): INSERT LINK

Special Events (Baseball Infield)

- 5:45pm-6:05pm- Presented by HCPS
- 6:45pm-7:05pm-Presented by HCPS

Special Events (Baseball Infield)

- 8:05pm-8:10pm-Large Scale Demonstration
- 8:15pm-8:45pm- Family FOAM Dance Party

Vendors

Organized by color region: add brief writeup and website link

Thank You To Our Sponsors!
