Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

NEWSLETTER 10
COLBY DUDAL

VIRTUAL FUNDRAISER

Due to the inability to hold our annual Silent Auction or Game of Chance fundraisers this spring, Community Crossroads has decided to partake in a virtual fundraiser on the NHGives.org website. This fundraiser will take place on June 9 & 10 and will allow donors to give. NHGives then matches the dollar amount that was made throughout the two day period.

Check out the page about us!
https://www.nhgives.org/organizations/02-0347939

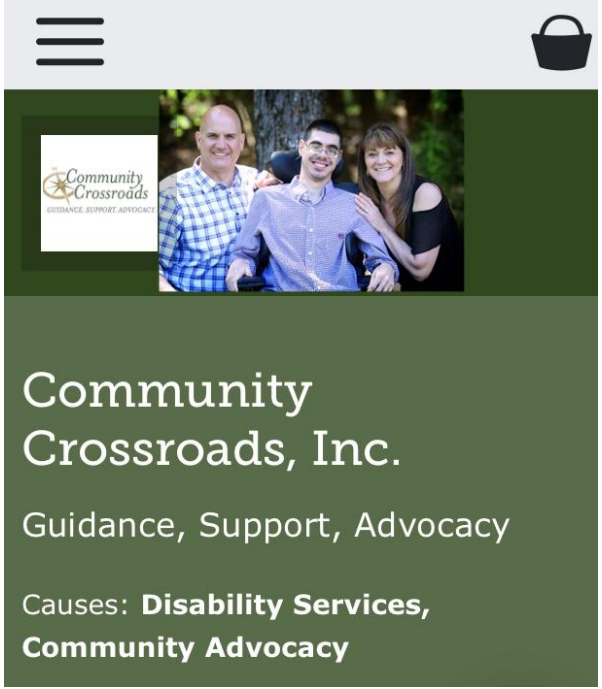


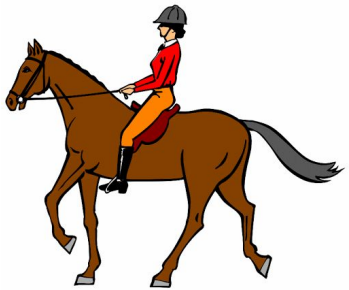
Photo of the Camell Family taken by Jen Chisholm. See the full story of their family in our 2020 Community Report coming soon!

YOUR DONATION WILL HELP

There are so many ways your donation will improve the life of an individuals served...



- **Provide basic necessities like groceries, cleaning supplies and/or PPE**
- **Provide respite care for a parent or caregiver.**
- **Provide access to therapeutic activities**
- **Provide home and/or vehicle repair and modifications**
- **Provide technology for education and socialization**

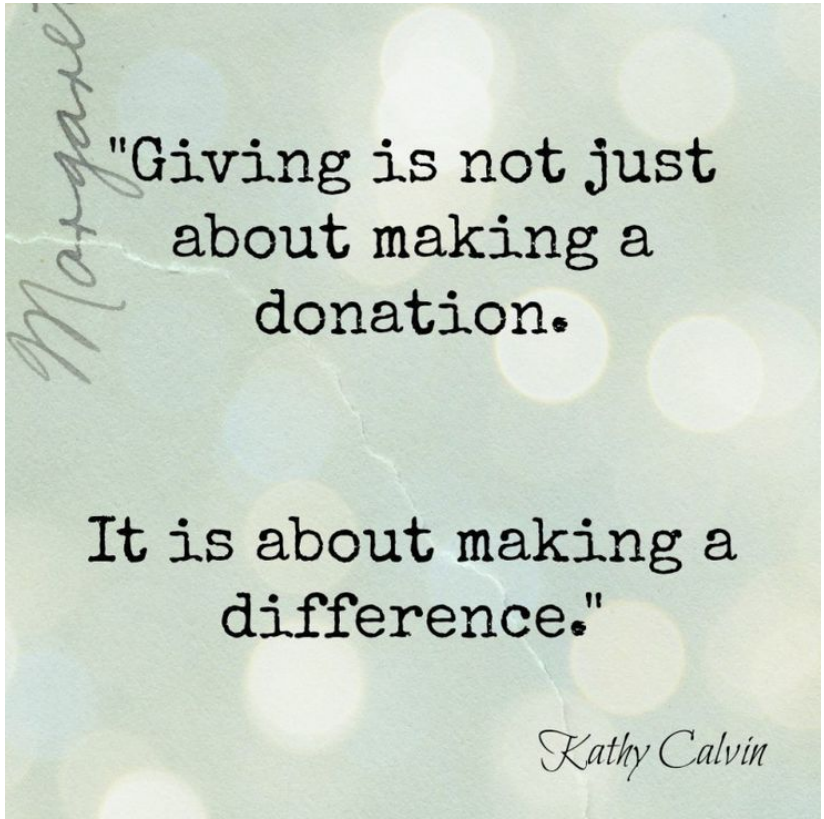


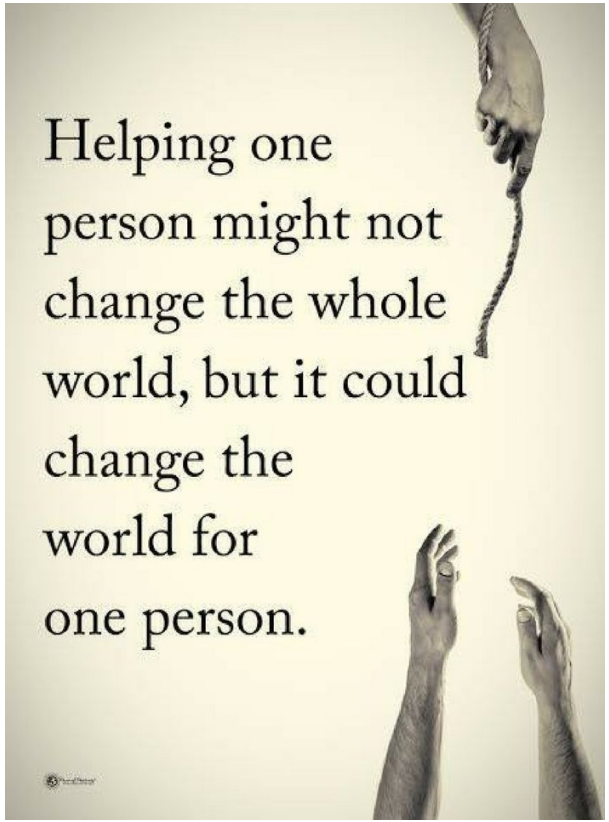


HOW YOU CAN HELP

We want this fundraiser to be a great success and getting the word out is important. Here is how you can help:

- **Like, share and comment on any post we make regarding the fundraiser so more people can see it.**
- **Tell your family, friends and colleagues that this is going on. They may end up telling a few people themselves and the reach will become even bigger.**
- **Share with others why this is important to you and the many ways families will be helped by a donation of any amount.**


"Giving is not just about making a donation.
It is about making a difference."
Kathy Calvin


Helping one person might not change the whole world, but it could change the world for one person.

MENTAL HEALTH AWARENESS MONTH

The month of May was Mental Health Awareness Month. Even though it is now June, it is always important to care for your own mental health and the mental health of those around you. At Community Crossroads, mental health has always been and continues to be intertwined into much of what we do. From our strong partnership with the Center of Life Management which provides mental health services, to our day-to-day focus on inclusion for people of all abilities, we care about breaking stigmas regarding mental health.

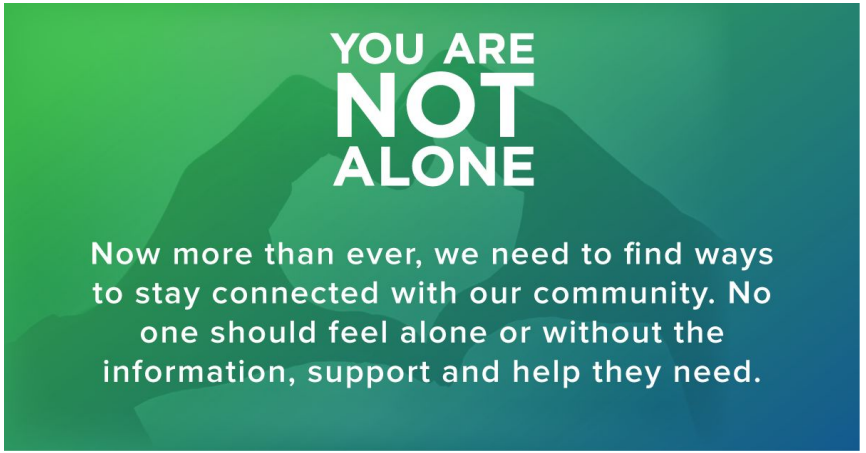


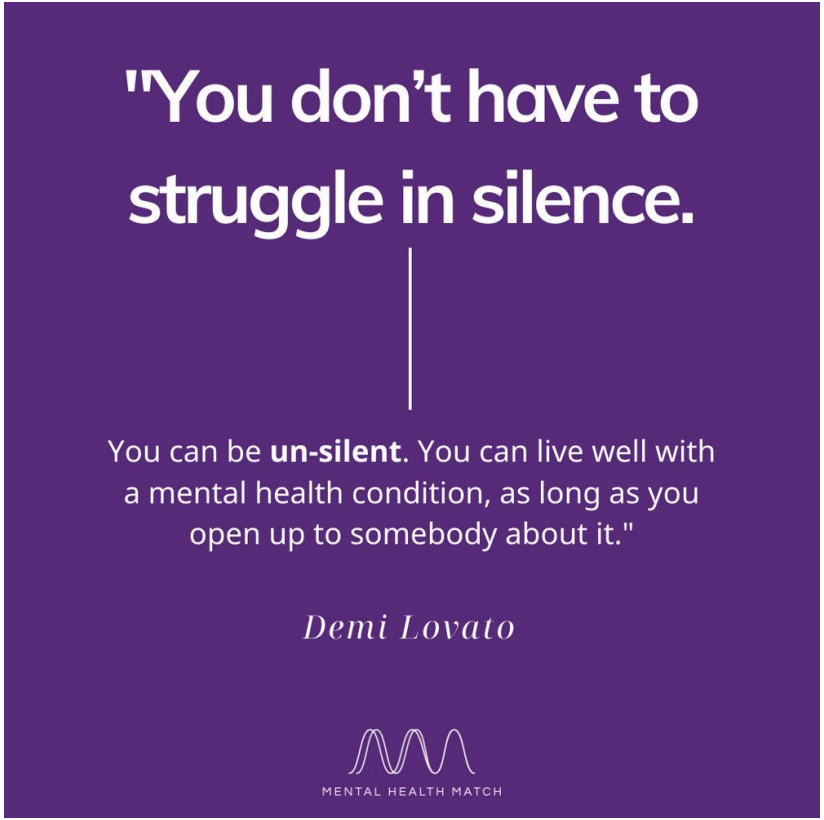
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MENTAL HEALTH AWARENESS MONTH

The CDC (Center for Disease Control) recently released a list of five ways to cope with the stress and anxiety brought on by the current pandemic that will help one's mental health.

- **PAUSE. Breathe. Notice how you feel.**
- **TAKE BREAKS from COVID-19 content.**
- **MAKE TIME for sleep and exercise.**
- **REACH OUT and stay connected.**
- **SEEK HELP if overwhelmed or feel unsafe.**




"You don't have to struggle in silence.
You can be **un-silent**. You can live well with a mental health condition, as long as you open up to somebody about it."
Demi Lovato
MENTAL HEALTH MATCH

CHECK OUT OUR WEBSITE

Local High School Seniors Selected for Community Crossroads' Scholarship

AND… our website's new look. Now with more photos, COVID-19 updates/information, and content to read all on our front page!

Anyone miss sports?

