



MYSTIC VALLEY
Public Health Coalition

August 2024 Newsletter

The Mystic Valley Public Health Coalition works to build the collective responsibility of creating and sustaining environments where communities can thrive in supportive and healthy spaces.

Recovery Resources and Events

The MVPHC partners with The Bridge Recovery Center in Malden. Through this partnership, the MVPHC Regional Recovery and Outreach Subcommittee meets monthly at the Bridge to discuss current resources and programming across the region to bring back to their communities.

Check out these events coming up this month in our communities and at The Bridge!

OVERDOSE AWARENESS NIGHT

READING TOWN COMMON



**AUGUST
28TH**

5:30PM



**View stories of recovery and
remember those we have lost.**

Listen to our speakers.

Learn about free Narcan.



MYSTIC VALLEY
Public Health Coalition



**International Overdose
Awareness Day**

**Contact Jessenia Cruz
jcruz@reading.ma.gov**

THIRD ANNUAL Stoneham Recovery Fest

Join us for a Family Friendly
Event and Empowerment!

Stoneham Town Common
Saturday
September 28th
3 – 6:00 PM

Opening Remarks by: Representatives Michael Day and Jason Lewis

Something for everyone:

- Raffles
- Games
- Live music
- Information about wellness
- Recovery Resources



T-shirts will be available for purchase. All proceeds will go toward sober living funding



Experience the talent of
local band **Neil & Co.**

FOR MORE
INFORMATION



POWERED BY

HOSTED BY





SCARS IN
HEAVEN

Adapt--Pole

**BOWS WITH TAGS WILL STAY ON POLES THROUGH AUGUST
(OVERDOSE AWARENESS) AND SEPTEMBER (RECOVERY MONTH)**

*PARTICIPATING TOWNS INCLUDE: CHARLESTOWN, CHELSEA, LYNN, EAST
BOSTON, SOUTH BOSTON, MALDEN, ROXBURY, REVERE & WINTHROP*

ALL SUBMISSIONS BY AUGUST 21, 2024 (PLEASE SPECIFY TOWN)

PLEASE CONTACT: ROSE STONE RSTONE@NORTHSUFFOLK.ORG

SLUNDIN@CHAPTERSRECOVERYCENTER.COM (CHARLESTOWN ONLY)

DONATIONS WELCOMED PLEASE VENMO @SCARSINHEAVEN

IN MEMORY OF
A LOVED ONE WHO
LOST THEIR BATTLE TO
OVERDOSE/ADDICTION





CELEBRATE RECOVERY

FREEDOM FROM HURTS, HABITS & HANG UPS

Sunday, August 25
5pm

**A 12 step Christ centered recovery program for anyone
struggling with:**

**Alcoholism, Divorce, Codependency, Domestic Violence,
Drug Addiction, Food Addiction, Gambling Addiction,
and more**

**THE BRIDGE RECOVERY CENTER
239 COMMERCIAL STREET
REAR ENTRANCE, SECOND FLOOR
MALDEN, MA 02148**

**THE
BRIDGE**
RECOVERY CENTER
A Malden Overcoming Addiction Program


**CELEBRATE
RECOVERY**

miva
malden overcoming addiction

**THE BRIDGE
RECOVERY CENTERS'**

NARCAN TRAINING

**SATURDAY 8/24
6:30PM**

**LEARN HOW TO
PREVENT AN OPIOID
OVERDOSE**

Participants will be trained on how to administer nasal Narcan and receive information on where to obtain it.



**FREE NARCAN KITS WILL
BE PROVIDED.**



239 Commercial St
Malden MA
781-480-4937





OVERDOSE AWARENESS VIGIL

**Presented by Malden Overcoming Addiction & Bridge
Recovery Center**

8/31/2024

**Meet on the front steps of Malden High School,
77 Salem St @5:45pm**

**Memorial walk directly after vigil to the Walkway@
City Hall, Malden**

Sponsored by the City of Malden

**please submit loved one's name you would like to honor by
8/25/2024**

Overdoseawarenessday@maldenovercomingaddiction.org

please include Name, sunset date and photo (Optional)



**THE
BRIDGE**
RECOVERY CENTER
A Malden Overcoming Addiction Program

mova
malden overcoming addiction



Yoga with Laura

**WEDNESDAYS
AUGUST 14TH & 21ST
FRIDAYS
AUGUST 16TH & 30TH
11:30-12:30**

THIS FLOW-BASED PRACTICE WILL
IGNITE YOUR STRENGTH,
FLEXIBILITY, AND INNER
CONNECTION, ROOTING YOU IN
WHOLE-BODY WELLNESS. EXPECT
A CHALLENGING YET NOURISHING
JOURNEY THAT WILL LEAVE YOU
FEELING ENERGIZED, CENTERED,
AND EMPOWERED

**THE BRIDGE RECOVERY CENTER
239 COMMERCIAL ST.
MALDEN, MA 02148
REAR ENTRANCE, 2ND FLOOR
781-480-4937**

**THE
BRIDGE**
RECOVERY CENTER
A Malden Overcoming Addiction Program

mtoa
malden overcoming addiction

Reading Events



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID: ADULTS

GET CERTIFIED!

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

WHO SHOULD ATTEND?

Caring individuals • Employers • Hospital staff

Mental Health First Aid Series for Adults.

5-7:30 pm on Thursdays

9/5, 9/12, 9/19, & 9/26.

Reading Public Library

**Use QR code
or link to
register**



<https://lp.constantcontactpages.com/ev/reg/sgestfn>

Join the Reading Coalition for Prevention & Support for Mental Health First Aid (MHFA) for adults. This course teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

Instructor: Taunya L. Jarzyniecki, LMHC, LADAC-I.

Adult MHFA registration link

<https://lp.constantcontactpages.com/ev/reg/sgestfn>



MENTAL HEALTH FIRST AID FOR OLDER ADULTS

GET CERTIFIED!

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

WHO SHOULD ATTEND?

Individuals who are a part of, connected to or support older adults and families.

Join us for this lunch & learn series
Sept. 3rd, 10th, 17th, 24th & Oct. 1st, 8th

12:00-1:30 pm

Bring your own lunch
Reading Public Library



**Use QR code
or link to
register**



<https://lp.constantcontactpages.com/ev/reg/vnqvxyby>

The Reading Coalition for Prevention & Support will offer “Older Adults Mental Health First Aid”. Learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program.

Join us for this lunch & learn series on **Sept. 3rd, 10th, 17th, 24th & Oct. 1st, 8th** from **12:00-1:30 pm**.

Bring your own lunch.

Instructor: Taunya L. Jarzyniecki, LMHC, LADAC-I.

Registration link <https://lp.constantcontactpages.com/ev/reg/vnqvxyby>.

GET CERTIFIED IN YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?
Parents - Grandparents - Adults who Work with Youth - Teachers - School Staff - Coaches - Camp Counselors - Group Leaders

JOIN US
NOV. 12, 19, 26 &
DEC. 3 FROM 6-8 PM
READING PUBLIC LIBRARY

Registration link below

<https://lp.constantcontactpages.com/ev/reg/eejnck9>

Join the Reading Coalition for Prevention & Support for Youth Mental Health First Aid (MHFA). This course teaches you how to identify, understand and respond to signs of mental health and substance use challenges among youth.

Instructor: Taunya L. Jarzyniecki, LMHC, LADAC-I.

Registration link:

Medford Events

A festive poster for Brazil Independence Day. The background is dark blue with white stars. At the top, a banner reads "O ESPÍRITO BRASILEIRO QUE VIVE EM TODOS NÓS" in white. The title "Brazil Independence Day" is written in large, yellow, cursive font. Below the title, the event details are listed in white: "Celebration: August 17, 2024 Time: 1:00 PM -4:00 PM" and "Location: Medford City Hall 85 George P Hassett Dr. Medford, MA 02155". The bottom features a stylized Brazilian flag with green and yellow wavy stripes and a central yellow diamond containing the Southern Cross constellation. At the very bottom, the text "Provided by:" is followed by the Medford City Seal and the Medford Connects logo. Decorative yellow and green leaf-like graphics are placed in the corners and along the sides.

O ESPÍRITO BRASILEIRO QUE VIVE EM TODOS NÓS

Brazil Independence Day

Celebration:
August 17, 2024
Time:
1:00 PM -4:00 PM

Location:
Medford City Hall
85 George P Hassett Dr.
Medford, MA 02155

Provided by:



Are you hosting an event that serves our students or families? Could folks benefit from the work that you're doing? Would you like to get the word out to collaborators in the region?

Submit your upcoming events here and we will feature them in the future editions of our newsletter. Use the button directly below.

[Submit Events for a Future Feature Here!](#)

Mystic Valley Public Health Coalition

mvroap@gmail.com, Medford
United States of America



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

[Instagram](#)

[Facebook](#)

[Website](#)

