

Hello, and welcome to March! Spring is on its way, and the sun is peeking out more frequently. We're so excited to share some great resources with you this month, and to highlight some great events we are putting on in March.

2024
MARCH

Happy Reading!

Recipient Rights

EVENTS

Community Health Fair



Credible Mind - Assessments

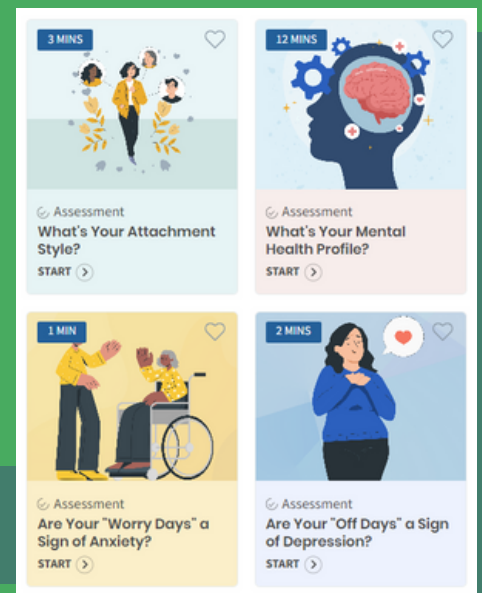
Recipient Rights

Person Centered Planning is the process to determine the treatment you will receive that will help you and/or assist you in meeting your goals. You will be able to use the resources in your personal network of family, friends, your community, and the public mental health system which might be available to assist in achieving your desired goals/outcomes.

If you have any Recipient Rights related questions or concerns, please contact Briana Fowler at 616-393-5763 or bfowler@miottawa.org.

Credible Mind

Looking to take that next step in improving your mental health and self-awareness, but you don't quite know where to start? Try taking a mental health assessment on our resource platform CredibleMind, where there are over 15 different assessments to help you on your mental health improvement journey. Learn your Attachment Style, test your Sleep Quality, conduct a mental health check-in, and much more!



For more information, go to

www.ottawacounty.crediblemind.com/assessments

Community Health Fair

CMH of Ottawa County and our partner agencies are putting on the 3rd Annual Community Health Fair in 2024! Join us on **May 16th from 3:30 to 5:30 PM at the Salvation Army in Holland** - there will be resources, snacks, activities, community, and more.

SAVE THE DATE



Community Health Fair 2024
May 16th
3:30-5:30pm

All are welcome!
Free Event!

RESOURCES SNACKS ACTIVITIES COMMUNITY

Join us for the 2024 Community Health Fair on May 16th from 3:30 to 5:30pm! Local agencies will be providing resources and promoting health and wellness in our community. Scan the QR code to learn more.

Salvation Army Holland
104 Clover St, Holland, MI

SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

For more information on the Community Health Fair email cmhcustomerservices@miottawa.org

For questions, concerns, or more resources relating to this newsletter, please contact at 616-494-5545 or cmhcustomerservices@miottawa.org

Thank You!

Events

Self-Care Room

March 4th, 1:30 - 4PM

Holland CMH Board Room

Wellness & Mindfulness Group

March 6th, 12 - 1PM

Lakeside Clubhouse

Heart Health

March 13th, 11AM - 12PM

Community Action House, Holland

Self-Care Room

March 14th, 1:30 - 4PM

Holland CMH Board Room

Nutrition Lobby Demonstration:

Sugar Intake (Hosted by our Licensed Dietician)

March 19th, 11AM - 2PM

Holland CMH Lobby

Coffee Break Support

March 27th, 11AM - 12PM

Community Action House, Holland

Scan to go to our Events:

Cardio Drumming

March 27th, 3 - 4PM

Momentum Center, Grand Haven

Lunch & Learn: Latin American United for Progress (LAUP)

April 3rd, 12 - 1pm

Holland CMH Board Room

