

May 3, 2024

→
Harmony Wellness Counseling and
Consulting Center (HWCCC)!

May 2024 Newsletter



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Message from the CEO

Dear Harmony Wellness Counseling and Consulting Center, LLC (HWCCC)
community

I hope this message finds you well and filled with anticipation for the journey ahead. It is with immense pleasure and great honor that I extend my warmest welcome to each and every one of you, as we embark together on a journey toward holistic well-being and mental health empowerment.

At HWCCC, we understand the profound impact that mental health has on individuals, families, and communities. It is not merely a field of study or a set of practices, but rather a deeply interconnected aspect of our lives that deserves the utmost attention and care.

As such, it is our mission to provide a safe, supportive, and inclusive environment where everyone can thrive and access the resources they need to lead fulfilling lives. We accompany those in need to improve their resilience, self-awareness, and coping skills.

Whether you are seeking support for yourself, a loved one, or are simply interested in learning more about mental health, we are here to serve as your trusted partner every step of the way. Through our comprehensive range of services, innovative programs, and compassionate professionals, we are committed to delivering personalized care that meets your unique needs and empowers you to reach your full potential.

In this newsletter, you will find valuable information about upcoming events, educational resources, and inspiring stories from members of our community. It is our hope that these insights will not only inform and educate but also inspire you to take proactive steps toward enhancing your mental health and well-being.

As we embark on this journey together, I encourage you to actively engage with us, share your feedback, and participate in the vibrant exchange of ideas that defines our community. Your voice matters, and we are committed to listening, learning, and growing alongside you.

Once again, welcome to Harmony Wellness Counseling and Consulting Center, LLC (HWCCC). Together, let us embrace the power of mental health to transform lives and build a brighter, healthier future for all.

With warm regards,
Lisa Ford, LCSW-C, LICSW, LCSW
CEO, HWCCC



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Mental Health Awareness Month



Please click image for more info

FACTS

- One in 5 American adults experienced a mental health condition in a given year.
- One in 6 young people have experienced a major depressive episode.
- One in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Six Organizations in Maryland Striving for Equity and Access for Minority Mental Health

Mental Health Association of MD

Black Mental Health Alliance

Asian American Health Initiative

National Alliance on Mental Illness

Casa de Maryland

The Center for LGBTQ+ Health Equity

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Physical Fitness Month



Click image to get active!

How it all Started!

Started by the President's Council on Fitness, Sports and Nutrition in 1983, this advocacy month is aimed at encouraging Americans to adopt healthy lifestyles.

Be in the Know!



Click image for more info!

Laurel Main St. Festival

Join Laurel for the Main Street Festival, parade, live entertainment, food, arts and crafts & MORE!

When: Saturday, May 11, 2024

Time: 9AM - 4PM

Where: 383 Main Street, Laurel, MD 20707

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Laurel Behavioral Health Case Consultation LBHCC



Are you a behavioral health professional in Laurel, MD?

The Laurel Behavioral Health Case Consultation Group is a group of practitioners that has been convening monthly since February 2024.

Please review the group membership guidelines on the next page if you'd like to attend our monthly meeting.

For more information, contact Lisa Ford at fordl@harmonywellnessccllc.com.

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Laurel Behavioral Case Consultation Group Membership and Guidelines

Laurel Behavioral Case Consultation Group Mission: To provide opportunities for behavioral health providers to meet for networking, connecting, sharing professional information, lending professional support on clinical Laurel behavioral cases, and encouraging and enriching professional development.

Laurel Behavioral Case Consultation Group's Vision is to build a collaborative community network of behavioral health providers who enrich one another.

Definition of Membership:

1. Laurel behavioral case Consultation group members must be Behavioral Health (BH) providers actively engaging in BH services to the Laurel community. BH providers may include, but are not limited to, LCPC, LCSW, LMFT, Ph.D., MD, RNs or Nurse practitioners, or employed as Rehabilitation specialists, Addiction Counselors, School Counselors, or Pastoral Counselors.
2. Licensed Graduates and interns who are under the supervision of a licensed professional and meet the above criteria are eligible for membership in the Laurel Behavioral Case Consultation.
3. Membership in the Laurel Behavioral Case Consultation group is established after attending one Laurel Behavioral Health Laurel Behavioral Case Consultation group meeting.
4. Laurel behavioral case Consultation group membership will remain active as long as the BH provider attends at least one Laurel behavioral case Consultation group meeting in person every quarter (Jan-March, April-June, July-Sept, Oct-Dec).
5. An active member must attend at least one Laurel behavioral case Consultation group meeting per quarter to receive membership benefits.
6. Active membership in the Laurel Behavioral case Consultation group includes
 - a. monthly Laurel Behavioral case consultation meetings in a local and confidential environment,
 - b. professional Laurel behavioral case consults support,
 - c. new client referrals and professional opportunities,
 - d. meeting minutes from monthly group meetings,
 - e., local free and paid CEU opportunities; Category B (Category A in development)
 - f. updates on insurance changes, licensure issues, ethics, etc., as they become available,
 - g. inclusion in Laurel Behavioral Case Consultation Facebook Group page,
 - h. personal and professional support from colleagues,
 - i. inclusion in Laurel Behavioral Case Consultation social events

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