



SCAN ME



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Project 70forward Programs – 2023

MAIN PROGRAMS:

1. Direct Basic Living Support – Provision of essential items, such as food, water, hygiene products and low-grade medical supplies. Also, small financial support donations toward housing, dietary food needs, utilities, phone and medications.

2. Advocacy/System Navigation– support and advocacy to clients who need help accessing community and government resources. Completion of agency and government applications for services.

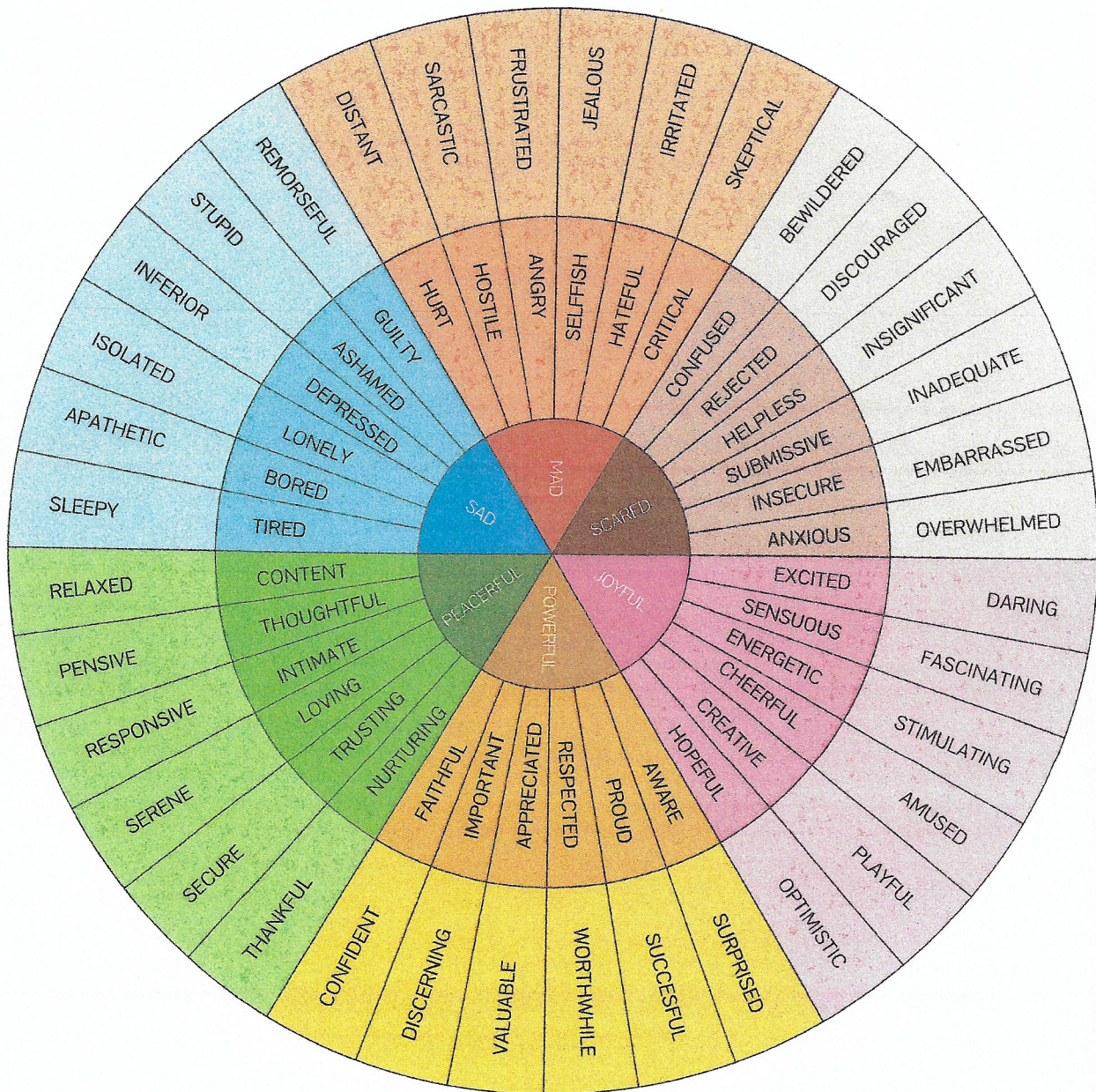
FEE FOR SERVICE PROGRAM:

3. Community Engagement – use of mobile units to bring community distribution items and corporate/small business information to neighborhood-based community and civic engagement events.

EMERGING PROGRAM:

1. REV Up NC Disability Voter Rights Support – organizing power around disability justice, voter rights and policy change. Addressing issues through disability advocates and activists, who take an active role in voter awareness/education/protection. Representation of priority political topics important to the community of people with disabilities.

The Feeling Wheel



A

Assess for risk of suicide or harm

L

Listen nonjudgmentally

G

Give reassurance and information


E

Encourage appropriate professional help

E

Encourage self-help and other support strategies

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

