

SAVE THE DATE: Trauma, Mental Health, and Addiction Issues in Child Welfare Cases

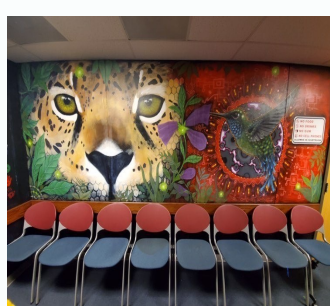
Cross-Training with multidisciplinary stakeholders to increase knowledge and expertise regarding trauma, mental health, and addiction issues that affect children and families who interact with the Child Protection Court.

Join virtual event
Friday, May 7 from
10am-3pm



Registration Link: <https://bit.ly/SEMINAR21>

Next CECF
Coalition Meeting:
June 11th



Hidalgo County Child Protection Court Lobby

University of Texas Rio Grande Valley Counseling & Training Clinic

The UTRGV Counseling Department provides online telehealth services—using Zoom—to serve the counseling needs of the RGV community. Online delivery also permits our student counselors to work with clients from areas beyond the Valley. Once the pandemic is over, the Clinics will resume on-site services, but continue offering Zoom sessions depending on the preference of the client.

[More Details](#)

To register for free counseling please visit:
<http://utrgvcounselingclinics.com/>

Hours of Operation:
Monday - Thursday 1:00 - 9:00 PM
Friday 8:00 - 5:00 PM

Brownsville Clinic
(956) 882 - 7792
ctclinicbrownsville@utrgv.edu

Edinburg Clinic
(956) 665 - 5251
ctclinedinburg@utrgv.edu

Foster Angels of South Texas (FAST) Soaring Scholars



The Foster Angels of South Texas are introducing a new program called the Soaring Scholars which aims to support current or former foster youth pursuing a college degree or vocational certifications. Everyone who is interested in contributing to this fund please [Click Here](#).

Any former or current or former foster youth pursuing a college degree or vocational certification can visit <https://www.fosterangelsstx.org/programs/scholarship/scholars-application/> to apply for this scholarship.



Who are the TCMHCC?

The Texas Child Mental Health Care Consortium (TXMCC) was created by the 86th Texas Legislature to leverage the expertise and capacity of the health-related institutions of higher education to address urgent mental health challenges and improve the mental health care system in this state in relation to children and adolescents

TCMHCC Vision:

All Texas children and adolescents will have the best mental health outcomes possible.

TCMHCC Initiatives:

TCMHCC initiatives include CPAN, TCHAT, CPWE, CAP, and research initiatives. For more information about TCMCC initiatives [Click Here](#).

TCMHCC Mission:

Advance mental health care quality and access for all Texas children and adolescents through inter-institutional collaboration, leveraging the expertise of the state's health-related institutions of higher education, local and state government agencies, and local and state mental health organizations.

[For More Information about TCMHCC Click Here](#)

Selfcare Strategy: Selfcare Journal (<https://antimaximalist.com/self-care-journaling/>)

When you journal for selfcare, you're putting together a writing of different ideas to help you feel more peace and joy.

These Selfcare Journal ideas will help you start your Selfcare Journal:

- Write the good parts of your day.
- Make a gratitude list.
- List positive memories.
- Make a list of goals.
- Write down hopes and dreams for the future.
- Create a list of upcoming events you're looking forward to.
i.e. Finishing your favorite book.

Try keeping your selfcare journal with you so you can write whenever the ideas flow.



CHILD ABUSE
PREVENTION MONTH



Sexual Assault
Awareness Month