



HAPPY NEW YEAR!

My name is Lisa Bratton, I am the Families in Transition Program manager and McKinney-Vento Liaison at Charlotte County Public Schools. As we embark on the journey of 2024, let's take a moment to focus on our mental health. By prioritizing mental wellness, we empower ourselves to navigate challenges and provide even more meaningful support to those in need. Consider incorporating simple acts of self-care into your routine such as taking a walk or reading a book.



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THE NEED TO KNOW

The Port Charlotte Public Library will be hosting the **2nd Annual Sunlight Mission Health Fair and Cookout** event on **February 23, 2023** from **10:00 am - 1:00 pm**. The event includes:



FREE

- Free meals and drinks
- Mobile food pantry
- Free health screenings
- Giveaways (clothing, hygiene products, books, and much more)



2 RESOURCES

National Disaster Distress Helpline

Call or text 1-800-985-5990

988 Suicide & Crisis Lifeline:

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat

988lifeline.org/

Crisis Text Line

Text "HELLO" to 741741

Happiness is not about how much you can receive from others; it's about what you can give to others by first giving to yourself.

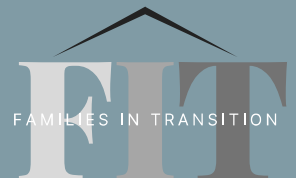
-G. Boston

3 WHO TO CONTACT

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FAMILIES IN TRANSITION PROGRAM MANAGER
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CHARLOTTE COUNTY PUBLIC SCHOOLS



-  United Way Free Tax Help 941-627-3539
-  Charlotte County Transit (transportation) 941.575.4000
-  Charlotte County Human Services (Assistance with bills) 941.833.6500
-  Virginia B. Andes (no cost clinic)