



# Head2Toe

Quarterly Updates From The  
Brain and Body Coalition

## The Brain and Body Coalition LLC- Reintroduction

A MESSAGE FROM OUR FOUNDER HEATHER ANN PITCHER

Dear Community Members, Partners, and Collaborators:

Welcome to the inaugural edition of "Head2Toe," the quarterly newsletter from The Brain and Body Coalition! As we reflect on the incredible journey since our inception in December 2022, we are humbled by the milestones achieved and the meaningful bonds and partnerships formed.

Our commitment to supporting the mental well-being of BIPOC individuals, particularly our youth, remains unwavering. This newsletter serves as a snapshot of our collective endeavors, offering a glimpse into our past activities, a preview of upcoming events, and opportunities for you to connect with us.

Remember, just like the familiar childhood rhyme, "Head, Shoulders, Knees, and Toes," our mission emphasizes the interconnectedness of the brain and body. Together, let's continue fostering a community where mental wellness thrives.

With gratitude,  
Heather Ann  
Founder, The Brain and Body Coalition

## CHECK IN!!

WE ARE A BIPOC MENTAL WELLNESS  
ORGANIZATION  
BLACK INDIGENOUS PEOPLE OF COLOR

VISIT OUR WEBSITE & DOWNLOAD  
NATIONAL BIPOC RESOURCE GUIDE

LEARN ABOUT OUR EVIDENCE  
BASED SIGNATURE WORKSHOP  
"IT IS WHAT IT IS"

## CHECK IT OUT!

WE ARE NOW TRAINING MENTAL  
HEALTH FIRST AID IN SPANISH!  
CONTACT US TO REQUEST A  
COURSE.

SAVE THE DATE! FEBRUARY 3RD IN  
THE KNOW @ TROLLEY BARN  
POUGHKEEPSIE  
EMAIL:  
**BRAINANDBODYEVENTS@GMAIL.COM**



**Supporting Communities Of Color**  
Serving Dutchess, Ulster and Orange County  
**[www.brainandbodycoalition.org](http://www.brainandbodycoalition.org)**

Issue 1.1

Step into a space of care and understanding with The Brain and Body Coalition, your BIPOC Mental Wellness ally. Our dedicated focus on youth ensures a nurturing environment for mental well-being. Through language, training, and education, we break down barriers created by cultural stigma.

In a world where not every young adult has the support they need, we strive to be the guiding light. Expect a community that fosters open discussions on mental health, offering resources, and a supportive network. Join us in embracing the vital connection between mind and body – because at The Brain and Body Coalition, your wellness journey is our shared priority.



## Wellness \* Workshops \* Trainings and so much more!

- On our website you will find a list of culturally competent providers
- BIPOC specific resources
- Opportunities to connect with local agencies
- Community Events
- Breaking the Barriers Scholarship Application

**YOU MATTER**

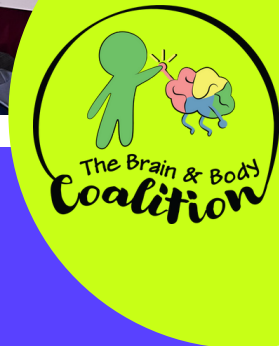
Text. Call. Chat.

**988** SUICIDE & CRISIS  
LIFELINE

Learn & Grow - with The Brain and Body Coalition! Our focus on education and training shines through our nationally recognized evidence-based workshop, "It Is What It Is: Breaking the Barriers of Stigma." Tailored to each unique group, the workshop delves into crucial topics, from 'My Mental Health and Me' to addressing anxiety, bullying, and building coping skills. Explore the intersection of culture and the workplace, as all our workshops emphasize the vital connection between our brain and body. Join us on this transformative journey! If you're interested in learning more, reach out via call or text at (845) 293-2929 or email us at [reply@brainandbodycoalition.org](mailto:reply@brainandbodycoalition.org). Let's grow together!



Continuing our mission to "Support the Supporters," we proudly provide Mental Health First Aid in both English and Spanish. Searching for a resource or a compelling keynote speaker? Rest assured, every member of our team brings invaluable lived experiences to the table. Together, let's meet individuals where they are, fostering a community of stronger supporters and dismantling the walls of stigma. Over the past year, we've built numerous community partnerships, and we wholeheartedly believe that our communities will thrive over these bridges.



## Celebrating and Acknowledging BIPOC Mental Health Month

BEBE MOORE BIPOC MENTAL HEALTH AWARENESS IS IN JULY

Recognizing the profound importance of mental health within the BIPOC community, The Brain and Body Coalition proudly acknowledged July as Bebe Moore BIPOC Mental Health Awareness Month. Grateful for the local support received. We received proclamations from Dutchess County, Orange and Ulster County, and the City of Poughkeepsie. Thanks to Health Commissioners Jean Marie Niebuhr (Dutchess County) Tara McDonald (Ulster County), Executive Offices Jen Metzger (Ulster County), Steven Neuhaus (Orange County) and Mayor Marc Nelson, respectively.

To kick off the month, a dynamic event in partnership with Scenic Hudson and Nick Jackson on July 1st set the tone for a series of impactful activities throughout July. Among them, we achieved a milestone by training 44 individuals under the age of 25 as Mental Health and Narcan Responders, contributing to our goal of reaching 1000 youth. In these efforts, we continue to bridge the gaps in mental health awareness and support, making strides toward a healthier and more resilient community.

## Collaboration is Key

Thrilled to share the excitement! The Brain and Body Coalition is joining forces with The Jack and Jill of the Mid-Hudson Valley and the Marist Liberty Partnership Program for an incredible collaboration. Save the date – February 3rd – for our "In the Know Black History Community" family-focused resource event. Anticipating around 300 youth and families, this event will feature vendors spanning mental health, education, community resources, and college alternatives. If you're eager to be a part of this enriching experience, reach out to us at [brainandbodyevents@gmail.com](mailto:brainandbodyevents@gmail.com). Let's come together and make a positive impact!



 **Thebrainandbodycoalition**  
Breaking The Barriers Scholarship Application Opens February 5th





LEARN ABOUT BLACK HISTORY. LEARN ABOUT YOUR HISTORY. LEARN ABOUT  
RESOURCES AND OPPORTUNITIES.

FREE\* FAMILY\*FOOD\*MUSIC\*PRIZES



# Join Us. Know More

**SATURDAY FEBRUARY 3RD**

**THE TROLLEY BARN 489 MAIN STREET POUGHKEEPSIE**

**12PM -5PM**



**MENTAL HEALTH &  
MOVEMENT**



**EDUCATION & CAREER  
ALTERNATIVES**



**COMMUNITY PROGRAMS & FREE  
SERVICES**

## " In the Know" An Opportunity For Growth

\*Meet Local  
Mental Health  
Organizations

\*Resume building  
\*Internships

\*Youth and Family  
Programs  
\*scholarships

\*Art programs  
\*Food Pantries

\*Learn Coping  
Skills

\*College &  
Alternatives

\*Job Opportunities

\*Childcare

\*Receive Express  
Trainings

\*Trade Schools

\*Learn about  
Unions

\*Healthcare

\*Giveaways!

\*Meet local  
Buisnesses

\*Financial Literacy

\*Wellness

# In the Know

For more information Call (845) 293- 2929 or to become a vendor please

Email. : [BRAINANDBODYEVENTS@gmail.com](mailto:BRAINANDBODYEVENTS@gmail.com)

Sponsored by: The Brain and Body Coalition , The Marist Liberty Partnership Program & Jack and Jill Mid-Hudson Valley