

What's the Scoop on Your Health?

July 2023 - Newsletter



Celebrate National Minority Mental Health Awareness Month!



The Corner Health Center

www.cornerhealth.org

47 N. Huron St

Hours

Mon., Thurs., Fri.

9 a.m. - 5 p.m.

Tues. 9 a.m.- 6 p.m.

Wed. 1 - 5 p.m.

Features & Highlights

P.2 - Events at the
Corner

P.3 - Minority Mental
Health Awareness

P.4 - Social Wellness
Month/Stay
Connected!

**Judgment-free, affordable and comprehensive health
care delivered with excellence and YOUth in mind.**

The mission of the Corner Health Center is to inspire 12-to 25-year-olds (and their children) to achieve and sustain healthy lives by providing judgement-free, affordable health and wellness care and education.

We offer physical health, behavioral health services, health education and youth development programs designed for teens, young adults and their children.

For more information, visit www.cornerhealth.org or call 734-484-3600 for an appointment.

@TheCornerHealth



@CornerHealthCenter



SIGN UP

Healthy Youth, Healthy Futures Continues Thru July!



A **FREE** summer program for ages 12-25 in Washtenaw County. Youth can participate in activities like cooking classes, park pop ups, trips and more! Every Tuesday and Thursday . See website for details.

Fathers for Family Continues July 25

A program where young fathers can connect with other dads, learn more about parenting and receive the support and resources needed to be the best dads they can be. We celebrate fatherhood!



Learn more

Park Pop-Ups are Here!

As part of our Healthy Youth, Healthy Futures programming, our weekly Park Pop-Ups promote physical activity. Our events take place at various parks around Washtenaw County and take place every Thursday at 3-5 p.m.

For more information regarding these programs, please email outreach@cornerhealth.org or subscribe to our calendar [here](#)



July is National Minority Mental Health Awareness Month!

The monthly observation brings awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness across the nation.



[Resources & statistics](#)

“ Minoritized people in our country have a long history of being underserved and even harmed when they have sought help for physical and mental health issues. In addition, it’s often been positively reinforced by the larger society when members of minoritized groups choose to “suffer in silence” rather than share their experiences. These realities have led many to have an aversion towards seeking help from traditional sources, like physicians and mental health professionals. All of this is why Minority Mental Health Awareness Month is so important. It is imperative for mental health professionals of all backgrounds to not only acknowledge the stigma against seeking help that exists in many minoritized communities, but also to acknowledge how that stigma was created—and perhaps our own culpability in perpetuating it. Let’s be intentional about earning back their trust through providing empathetic, non-judgmental and culturally competent care! ”



Jonathan Edwards
Mental Health Therapist
on National Minority Mental Health Awareness Month

July is Social Wellness Month!

The celebration serves as an annual reminder of the power of social healing and how social interaction benefits your overall life. Set aside time to nurture your social health and concentrate on building relationships with those you may already know, and those that you will soon meet.

Ways to improve social wellness:

- *Keep in touch with friends, family, and mentors.*
- *Participate in group discussions & actively listen.*
- *Join a club or organization.*
- *Volunteer in the community.*



Social Wellness Toolkit

Donate to the Corner!

Your gift today helps young people and their children access quality, confidential, affordable, and judgment-free health care services regardless of their insurance status or ability to pay.



FOLLOW US ON SOCIAL MEDIA!!!

@TheCornerHealth



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Schedule your Appointment

Schedule your appointment by calling 734-484-3600. Same-day and walk-in appointments are available most days. Masks are available as needed and they are required in the building. If you need to cancel or reschedule, please call!!!