

## Village InCK News

Mental Health Awareness

IHub 618-518-4625(call) or 618-226-1726(text) villageinck@egyptian.org

SCAN ME

## **Upcoming Events**

Free Laundry Event-Angie's Wash and Load Carmi

May 2nd at 2:00-6:00pm

Teen Fun Night: Star Wars Party Harrisburg District Library

May 5th at 5:30-7:00pm

**Grayville City Wide Yard Sales** 

May 6th at 7:00am

Little House Vendor Fair-Trinity Assembly of God Carmi

May 6th at 9:00-4:00pm

Life on the Illinois Frontier-Saline

**County Museum Harrisburg** 

May 12th & 13th at 9:00-4:00pm

Together We're Better-SIC Harrisburg

May 17th at 8:00-4:00pm Pre-register

Zero Gravity Tennis-Paul Emery Park Tennis Courts Harrisburg

May 20th at 10:00-12:00pm and May 21st at 1:00-3:00pm

Family Literacy Fest-Kiddie Kollege Fairfield

May 20th at 10:30-12:30pm

**Carmi Library - Seed Library** 

Free seeds throughout May

Link up Illinois-

**Marion Farmers Market** 

Saturday's 6:00am-12:00pm

**Story Time-Galatia Library** 

May 3rd, 10th, 17th, 24th 10:30-

11:30am

Mental Health Block Party-Downtown Eldorado

May 25 at 3:00-6:00pm



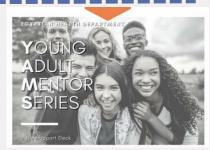
The Support Deck at The Young Adult Center 6 Veterans Drive, Harrisburg, Illinois 62946 (618)294-8257

Monday-Friday 8:00am-4:00pm

The Support Deck is a community drop-in resource center for young adults between the ages of 16-21. The mission of the Support Deck is to provide resources and skills that will assist young adults in developing positive plans for their Indvidual futures. Some of their resources include a laundry facility, hygiene supplies, computers and internet access, onsite peer support and education, recreation and support groups.

Join the Support Deck for the Young Adult Mentor Series (YAMS for short). YAMS will meet montly on the Last Thursday of the month from 5:30-7:00pm.

They cover a variety of topics such as time management, goal setting, community resources, ways to express yourself, and more. Any transition age youth 16-21 is welcome to attend.



## Brittany Warren, LCPC SIC Mental Health Counselor



Brittany Warren is a Clinical Counselor who has been practicing in the field of Mental Health for the past 10 years, with experience in crisis response, clinical individual, group and family counseling. She specializes in treatment of anxiety disorders and trauma informed practices and finds motivation in Mental Health Awareness and Advocacy. Southeastern Illinois College students

can see Brittany and check out the Chill Zone in room B108 if they need someone to talk to or a place to escape for a mental break. Brittany Warren, the school's very own mental health counselor, is available for appointments. For a free appointment, students can call 252-5400 ext. 2523 or email at brittany.warren@sic.edu

## YOU CAN EARN YOUR GED! YOU CAN GO TO COLLEGE! YOU CAN BE A ROLE MODEL!

Whether you are college-bound or looking for a new career, we can help you get started! SIC is now offering FREE HSE (GED) test preparation classes! Classes are designed to help you prepare for the GED test modules in English, Math, Social Studies, and Science.



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