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Registration is now open for the free Thrive Healing Summit, which aims to bolster the emotional health and well-being of adults who work with young people.

The summit is hosted by Thrive, the North Valley Community Foundation's healing initiative. The event is being held via Zoom from 8 a.m. to 4 p.m. on Tuesday, March 29.

A registration link is available at www.nvcf.org/thrivesummit along with more information about the day's events. The agenda includes keynote addresses from nationally recognized speakers, training sessions, live music, yoga and mindfulness sessions.

"There isn't anything more important to us than helping support those who care for the well-being of children and young people in our communities," said Danelle Campbell, Thrive program director. "We designed this day to bring in healing professionals to provide assistance and encouragement to these precious adults. Although their work is undoubtedly meaningful and rewarding it is also the kind of service that requires body, mind and soul. This day is for them. It is our gratitude in action. "

Last year, Thrive successfully launched the CARE (Community, Assessment, Response and Education) Team to provide support to young people who are contemplating suicide or suffering mental health struggles. Young people or families who need help can call or text the CARE Team number, 530-783-CARE (2273), to be connected to a CARE Team coach.

The CARE Team followed in the footsteps of the youth-driven "End the Silence" campaign, encouraging the community, particularly young people, to talk about suicide and mental health.