

ROTARY CLUB

OF MENTAL HEALTH & WELLNESS

Mental Health | Well-Being | Global Impact | Service Above Self

DID YOU KNOW?

Our Healing Hearts Global Grant Project has completed its first year:

- Collaborative of Rotary clubs, districts and ICCs in Turkiye, Germany and the USA
- Focused on an underserved Turkish community near the Syrian border suffering from a refugee crisis and major earthquakes
- Digital curriculum trains psychologists and therapists to use the award-winning Shadow's Edge app and workbooks
- Hosting in-person group workshops with youth experiencing emotional challenges

We will share this toolkit with **our new District Grant collaborative in Los Angeles**, featuring art therapy workshops for LA fire survivor youth.

Want to use this toolkit and work with youth? Contact info@rotary4mhw.org to learn more.

BRUNCH IN L.A.



Join our Brunch Fundraiser!

Club co-founder Bella Shaar is opening up her home for a fun brunch event benefiting our Club's Foundation (Be Kind Scholarships). Oct. 4 at 11a-2p. **Register [here](#).**

RYLA UPDATE

We are sponsoring our Interact Club President **Sophia Shaar** to attend the RYLA retreat at the Painted Turtle Camp. Interested in serving as a counselor? Apply at RYLA5280.org!

MEETING CALENDAR



September 1
Board Meeting 5:00pm PST

September 15
Club Meeting 8:00am PST
Speaker: Adam Nemer "Vulnerability"

[CLUB WEBSITE](#)

WELCOME NEW MEMBERS!

- [Rebecca Ross](#), Chicago, IL
- [Lauren Fields](#), Chicago, IL
- [Nikki Rinow](#), Chicago, IL
- [Gianna Consalvo](#), Chicago, IL
- [Kaan Turgay](#), Wiesbaden, Germany
- [Brianna Martinez](#), Las Vegas, NV
- [Jennifer Levin](#), Seattle, WA
- [Nora Yacoubian](#), Los Angeles, CA

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