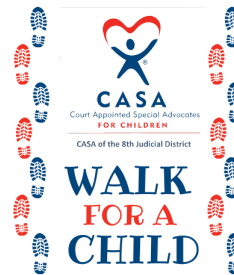


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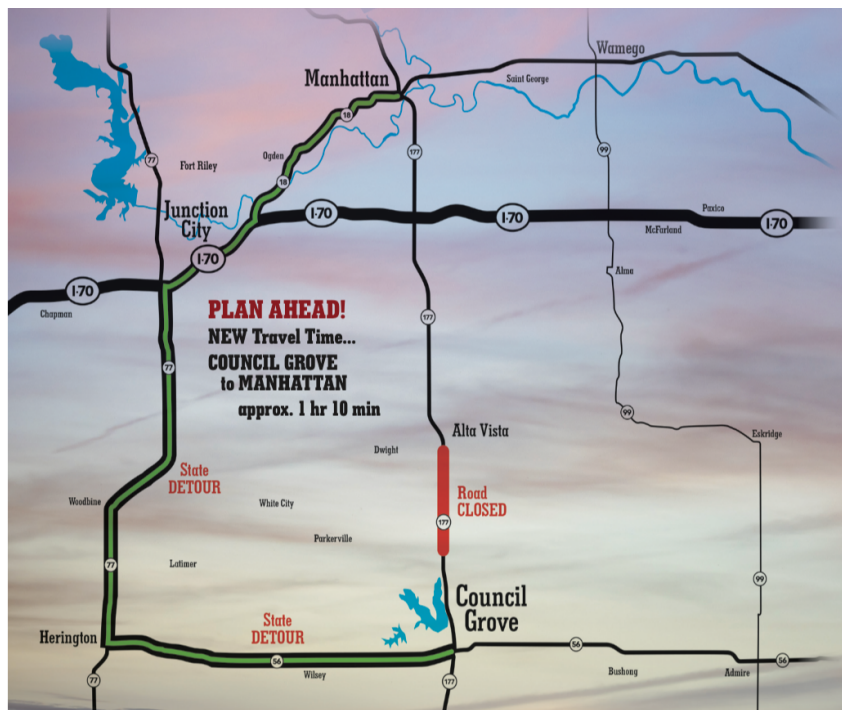
Walk for a Child!

In April we are asking you to join us as we bring awareness to Child Abuse and help a local abused, neglected, and/or trafficked child by participating in our Walk for a Child! You can join at www.charityfootprints.com/walkforachild. Help us help local children!



We moved just a little down the street but will be moving the end of March and beginning of April. Watch for an upcoming announcement on an Open House at our new office!

THE K-177 ROAD CLOSURE IS COMING!
Are you ready?



Dianna was nominated for Volunteer of the Quarter! She has been entered into the CASA Volunteer of the Year drawing and has been added to the social media Shout Out! Dianna has been extremely helpful by having her reports in on time, dealing with increasingly difficult cases, and offering to assist with fundraising efforts for CASA.



MENTAL HEALTH MINUTE

Fact: Mental health problems are actually very common. In 2020, about:

- One in five American adults experienced a mental health issue
- One in 6 young people experienced a major depressive episode
- One in 20 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Having mental fatigue is a natural part of life as well as any activity with repeated exposure to traumatic events. This does not indicate weakness nor does it mean that the individual is defective. What mental fatigue means is that you are in fact: a human. There are many solutions that have been proven to work, the important part is to remember the WHY of the program.

In the Marine Corps sometimes the tasks we had to perform were increasingly difficult and the results varied. It was hard at times to understand the point of the mission especially with limited



CASA of the 8th Judicial District is very excited to have received grant funding from the following foundations: United Way of the Flint Hills, the Peabody Community Foundation, the Hillsboro Community Foundation, and a grant from the Marion Advancement Campaign!

Thank you to all those who have partnered with us to help with children we serve!

BECOME A VOLUNTEER - MAKE A DIFFERENCE



Our training is set for May 10th, 17th, 24th, 31st, June 7th, and 14th! The classes will be held from 6pm to 8:30pm on each of the Tuesday evenings. Please contact [Jeremiah](#), our Outreach Coordinator for more information! We look forward to welcoming you to our team!



We will be having a motorcycle ride to benefit CASA on Saturday, May 14th! Watch our Facebook page (www.facebook.com/casa8thjdxs) for more information!



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