



Red Ribbon Week!



Learn More with the CORE Podcast



Barbara Burnett & Self Compassion by Learn MORE with the CORE

This week's episode focuses on getting to know the CHC staff, where we sit down and discuss our professional's journey to Community Healthcore and all that they've learned along the way. The topic is self-compassion with a 14-year veteran of Community Healthcore who gives us first-hand examples of how to become more empathetic with ourselves.

[Listen Here!](#)

CHC in the Community



(Left to Right) Patti Brady, Kim Reagan, Michelle Ramsey, Chelsi Myers, Bobby Mangham, Stacy Manning & Carrie Watson presented to 4th & 5th graders at David Crockett Elementary about bullying prevention on Unity Day, October 19.



(Left to Right) Jordan Estes, Eliya Cole, Patti Brady, & Bobby Mangham attended a Unity Day Family Night at Sam Houston Elementary.



Gina Mitchell attended the Sam Houston State University Career and Internship Fair on October 19.



Jordan and Eliya, Behavioral Health Academy Interns from ETBU sharing information about FAYS and other CHC programs.

Upcoming Events!



SOCKS FOR SOLDIERS

3001 Richmond Rd, Suite A, Texarkana, TX 75503

DONATE

NEW SOCKS FOR HOMELESS VETERANS
EVERY WEDNESDAY

Oct. 5th to Nov. 9th, 9am-5pm

NOVEMBER 9th, 9am - 12pm

Make plans to join us as we conclude our Socks for
Soldiers campaign with a community outreach
event with our partners, Community HealthCore.



LONE STAR
LEGAL AID

For more information or to apply for free legal services, call (903) 793-7661.

Thanksgiving Day Turkey Trot 5K

THANKSGIVING DAY
Turkey Trot
5K



9th
Annual

Jogging for Jeanell
Community Healthcore Foundation

The Community Healthcore Foundation
presents its 9th Annual Thanksgiving Day
Turkey Trot.

Join our Center-wide and community-wide
tradition of a Thanksgiving Day 5K
Run/Walk. The 9th Annual Turkey Trot will be
dedicated in memory of Jeanell Cannon.

This year's theme is "**Jogging for
Jeanell**". Registration for runners
(joggers/walkers) is open! T-shirts will be on
sale in a few weeks. Let your family and
friends know about this fun event!

**Register to Run/Walk or
Sponsor!**



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