

### **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.



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



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



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

## **Upcoming Events!**



3001 Richmond Rd, Suite A, Texarkana, TX 75503

#### DONATE

NEW SOCKS FOR HOMELESS VETERANS
EVERY WEDNESDAY

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

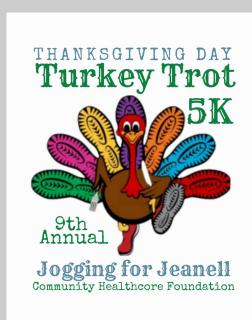
NOVEMBER 9th, 9am - 12pm

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



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

### Thanksgiving Day Turkey Trot 5K



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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