



## Mental Wellness Month: Self-Care

In honor of Mental Wellness Month, we want to encourage everyone to practice self-care! Your self-care is an important factor in determining your mental health!

Here are some tips on practicing self care:

- Take a break when needed



- Eat right

- Exercise daily



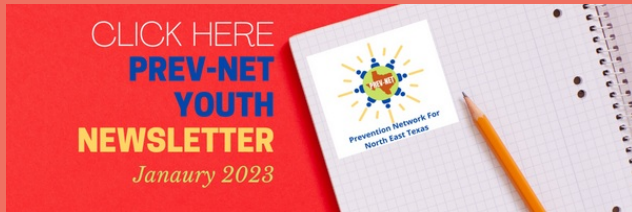
- Get enough sleep

- Organize your responsibilities



<https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself#:~:text=How%20o%20You%20Engage%20in%20Self-Care%3F%201%201.,self-care%20break%20by%20getting%20outside.%20...%20More%20items>

# PREV-NET Newsletters



In These Newsletters:

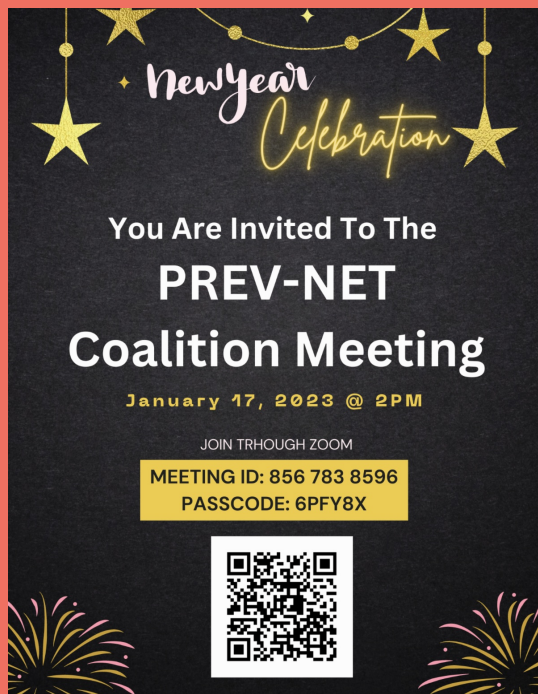
- Community Spotlight: PREV-NET at Wiley College
- Vaping 101: What Parents Should Know
- Voices of North East Texas: Antionette Briley, Wiley College Director of Health Services
- Youth Newsletter: The Power of Positive Friendships

**Upcoming Events: (See images below)**

- CDFY Youth Talent Show Flyer
- January Coalition Meeting

The Prevention Network for North East Texas (PREV-NET) serves youth ages 9-20 (and anyone that has access to these youth) across 12 counties: Bowie, Cass, Franklin, Gregg, Harrison, Marion, Morris, Panola, Red River, Rusk, Titus, & Upshur. We provide evidence-based programs like *Too Good for Drugs* and *Strengthening Families* at no cost, presentations, campaign materials, educational/activity sheets, and more!

For more information, contact [PREV-NET@communityhealthcore.com](mailto:PREV-NET@communityhealthcore.com).



## Center and Community Events





# KEEPING OUR HEROS WARM

EAST TEXAS VETERANS RESOURCE CENTER

## VETERANS COAT DRIVE

JANUARY 2 - 17, 2023



ETVRC WILL BE ACCEPTING GENTLY USED AND/OR NEW COATS FOR  
OUR VETERAN POPULATION IN THE GREATER EAST TEXAS AREA.

DONATION BOXES WILL BE AVAILABLE AT:


COMMUNITY CONNECTIONS  
501 PINE TREE ROAD #G-4  
LONGVIEW, TX 75604

COMMUNITY HEALTHCORE  
107 WOODBINE PLACE  
LONGVIEW, TX 75601


PICK UP CAN ALSO BE ARRANGED BY CALLING:  
ETVRC (903) 291-1155 OR KASI DARRAGH (903) 932-4470






## Housing for Heros




### Virtual Informational Meeting





Wednesday, January 25, 2023  
1:00-2:00  
Virtual link:  
<https://bluejeans.com/626131216>

Representatives from the East Texas Veterans Resource Center, Community Healthcore, VA HUD-VASH program, and Longview Housing Authority will be hosting this informational meeting to discuss the many needs of our Veterans and how you, the Landlord, can play a role in Housing our Heros!



For more information, please contact:  
Kasi Darragh,  
ETVRC Housing Navigator  
903-932-4470  
[kasi.darragh@communityhealthcore.com](mailto:kasi.darragh@communityhealthcore.com)





NET is an opportunity for local agencies to share information about the unique resources they provide to people with varying levels of housing instability, including homelessness. NET provides a space for organizations to collaborate and work together to best serve the people in our community.  
*Participate with us in this community-wide effort to end homelessness!*

**Monday, January 9, 2023**  
**11:30 am - 1:00 pm**

The NET meeting will be held via  
**TELECONFERENCE/VIDEO LINE**

Program: Community Healthcore

Presenter: Chesley Knowles  
Program Director

Important: Coordinated Entry (CE) monthly meeting will be held after NET meeting.

Join virtually:  
<https://bluejeans.com/626131216>  
To join via Browser:  
<https://bluejeans.com/626131216/browser>

To join via Phone:  
1) Dial:  
+1 408 740 7256  
+1 888 240 2560 (US Toll Free)  
+1 408 317 9254 (Alternate Number)  
(see all numbers - <http://bluejeans.com/numbers>)  
2) Enter Conference ID: 626131216

## Longview Homeless Resource Day

The City of Longview is hosting the annual Homeless Resource Day on **Thursday, January 26, 2023 from 8:00am-2:00pm** at the City of Longview's Exhibit Building.

Community Healthcore will have multiple programs represented at the event.

The Point in Time (PIT) Count will also happen at this event. The PIT Count is a 24-hr period when communities across the country count the homeless population. There will be an area at the Homeless Resource Day where volunteers will count the participants as they come through. "Counting" actually entails completing a short survey with the

participant. Chesley Knowles is the PIT Lead for the Longview area.  
Please contact **Chesley Knowles** for more information.

[Download Flyer Here](#)



**Celebrate National Blood Donor Month  
by Rolling Up a Sleeve!**

**Longview Blood Drive January 16<sup>th</sup> @  
Community Connections**

**All Donors receive a \$20 Amazon Gift  
Card from American Red Cross.**

[Sign Up Here!](#)

## CHC in the Community



Youth Mental Health First Aid at Ore City High School on January 1. Thank you, Ore City ISD, for your willingness to learn more about how to help a youth experiencing a mental health challenge.



Thank you to Bloomburg ISD for allowing us to certify their faculty and staff as Youth Mental Health First Aiders on January 2.





On December 20, 2022 the Community Healthcore Vocational Apprenticeship Program (VAP) proudly had eight graduates to receive their certificates. Each apprentice completed weekly classroom skills including effective communications, interview techniques, appropriate dress and enhancing safety awareness on the job site. Six apprentice were placed at various employer host sites to gain those transferable job skills in an integrated work place. Successfully one apprentice was hired by the host employer, which is the goal of this program.

For more information about VAP, [click here to visit our website](#).

## We're Hiring!

**Join Our Team**

**COMMUNITY HealthCORE**

**FULL-TIME, PART-TIME & PRN POSITIONS  
GREAT BENEFITS & WEEKLY PAY!**

**APPLY ONLINE!**  
[WWW.COMMUNITYHEALTHCORE.COM](http://WWW.COMMUNITYHEALTHCORE.COM)

