



## Welcome to February 2026

### Children's Mental Health Awareness Month

## Relax | Reduce | Recover



### Eating Disorder Awareness Month

February is **Eating Disorders Awareness Month**, with the final week (February 23 – March 1, 2026) designated as National Eating Disorders Awareness Week. This year's theme, "**Every BODY Belongs,**" focuses on inclusivity and the power of community in the recovery journey. Eating disorders are complex mental health conditions—not choices—and they can affect anyone regardless of age, gender, or background. Because early intervention is often the key to a successful recovery, our office provides specialized support for children and teens who may be struggling with body image, restrictive eating, or disordered habits. Our therapists have experience in these sensitive areas, offering a compassionate environment where young people can rebuild their relationship with food and themselves. To ensure every



### Partnerships: Empowering Families: Thaar Care x On the Wings of Angels

We are honored to announce a vital new partnership between **Thaar Care** and **On the Wings of Angels**, a dedicated DMV-based nonprofit providing essential domestic support to families in need. We

family has access to the care they deserve, we accept most major insurance plans.



### Children's Mental Health Week (Feb 9–15, 2026):

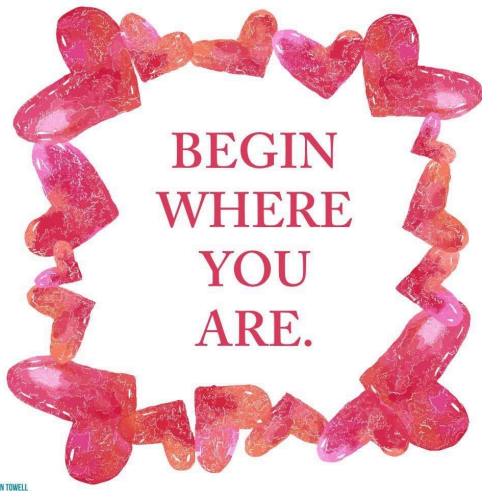
- Children's Mental Health Week serves as a vital reminder that emotional well-being is just as important as physical health.
- Growing up today presents unique challenges, and at our practice, we are dedicated to helping kids and teens navigate them with confidence.
- Our experienced therapists specialize in age-appropriate care, providing a safe, supportive space for young people to express themselves and develop healthy coping skills.
- We believe that quality mental health support should be accessible to every family, which is why we proudly accept most insurance plans.
- Whether your child is facing school stress, anxiety, or developmental milestones, we are here to support your family every step of the way

know that a child's mental health is deeply connected to the stability and safety of their home environment. By collaborating with an organization that specializes in domestic advocacy and family assistance, we are able to offer a truly holistic approach to healing. This partnership ensures that while our therapists provide specialized clinical care for kids and teens, families also have a bridge to the community resources and domestic support systems offered by [On the Wings of Angel](#)

## February Key Weeks

- **Children's Mental Health Week (Feb 9–15, 2026):** Focuses on the unique emotional needs of young people and early intervention.
- **Random Acts of Kindness Week (Feb 15–21, 2026):** Celebrates the mental health benefits of altruism, with Random Acts of Kindness Day falling on February 17.
- **National Eating Disorders Awareness Week (Feb 23 – Mar 1, 2026):** Provides resources and screening tools to support those affected by eating disorders.
- **Safer Internet Day (Feb 10, 2026):** Promotes a safer online environment to protect digital well-being and mental health.





BEGIN  
WHERE  
YOU  
ARE.



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## Stay Warm & Community Focused

**Let's Connect!** Throughout the year, we love hitting the road to visit local events and meet our neighbors face-to-face. Our goal is to spread the word about building healthy boundaries and fostering the meaningful connections that support mental health for all ages. If you see us out in the community, please stop by and say hi—we'd love to meet you and hear your story!

**Reduce Stigma by normalizing the conversation and equating mental care with physical care.**

**You can be the difference.** If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

Connect with us!





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