



Welcome to May 2026

Be Aware of your Mental Health

May is Mental Health Month

YOU ARE ENOUGH.
YOU MATTER.
YOU ARE WORTHY.
YOU ARE LOVED.

Advocate for Others

Last week, the Macomb County Crime Victim Resource Symposium brought together community leaders and advocates dedicated to supporting survivors and improving local justice. **Thaar Care** was honored to participate, with **Ameé Briney** taking the stage to present and offer strong support for the **Listen Act**. Working alongside the Macomb County Prosecutor's Office, the presentation highlighted the critical need for victim-centered legislative frameworks that ensure survivors' voices are not just heard, but prioritized within the legal system. This collaboration underscores a shared commitment to fostering a safer, more responsive

Support the Community

We were honored to recently attend the annual gala for our partners, **On the Wings of Angels**, an inspiring event dedicated to raising vital funds for survivors of domestic violence. This partnership is a cornerstone of our community outreach, as **Thaar Care** provides specialized mental health counseling for the individuals and families navigating the aftermath of domestic abuse. By working in tandem, our organizations are able to bridge the gap between immediate crisis intervention and long-term emotional recovery. This collaborative spirit ensures that a larger portion of our neighbors can access the comprehensive support they need, proving that we are truly stronger and

environment for all residents in Macomb County.

more effective when we support one another.

Watch the clip below:

<https://www.fox2detroit.com/video/fmc-o7v2f0n8r30scx2k>



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Dear Amee Briney,

4/1/2026

I want to first thank you for agreeing to be one of the speakers for our event for National Crime Victims' Rights Week, which is April 19th-25th. Our event will take place on Friday, April 24, 2026, 11:00 a.m. - 2:00 pm at the Mount Clemens Public Library located at 150 Cass Ave. Mount Clemens, 48043.

This year the theme is, **Listen. Act. Advocate.** As you are aware, unfortunately, many people in our community find themselves a victim of a crime. They may be unsure as to how to navigate the criminal justice system and what resources are available to assist them in their healing journey. We would like for you to take 5 to 10 minutes to speak about the connection your organization has within the community and the resources you offer to foster kinship and healing. We do not want individuals to lose hope and want them to understand that they are not just a victim but a survivor as well.

The event will begin at 11:00 am and end at approximately 2:00 pm. Please arrive around 10:30 am to set up your table. We will provide the table and the tablecloth. However, you are more than welcome to bring a banner to hang in front of your table. Presentations will begin at 12:00 pm. Light refreshments will be available to you when you arrive, and lunch will be provided for all attendees.

We are asking all presenters to provide a brief Bio that will be shared with attendees. You may forward the information to me via email, attached to this email as a flyer. Please feel free to share them with anyone that you believe may benefit from this event.

Please do not hesitate to reach out to me with any questions or concerns. My contact information is listed below. Thank you again and I look forward to seeing you on April 24th.

Heather J. Morman - Chief Advocate
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Join Us for a Community Mental Health Summit

We invite you to join us for an upcoming **Free Mental Health Summit**, a dedicated space to expand your knowledge on recognizing and treating trauma.

While registration is free, your **donation to the Thaar Care Foundation** allows us to continue providing vital resources to those in need.

Attendees will have the opportunity to hear from expert speakers from Thaar Care as they present on two of the most pressing

Amazon Wish List

If you'd like to support our mission in a more hands-on way, please consider browsing our **Amazon Wish List**, which features the specific items we need most to keep our operations running smoothly. We understand that a direct financial contribution isn't always feasible, and we truly value every form of generosity; to that end, we also gratefully accept gift cards for Amazon, local grocery stores, Uber, and other essential services. These contributions provide us with the flexibility to meet urgent needs as they arise, ensuring that every bit of your support goes exactly where it's needed most. Contact our office see how you can help.

issues in mental wellness today: **Suicide Awareness and Veteran Mental Health.**

Whether you are a professional looking to sharpen your skills or a community member wanting to support the well-being of our neighbors and heroes, this summit offers invaluable insights into the path toward healing. Together, we can build a more informed and resilient community.



May Community Focus

Let's Connect in May ! 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!

- UWM Mental Health Night Supporting **Just B Foundation** May 16th

Tickets now on sale with our partners **Team Continue** (July), **View Fest at Zoo** (July) . Fundraising events for suicide prevention for youths and teens. Money raised provides counseling services for our clients.

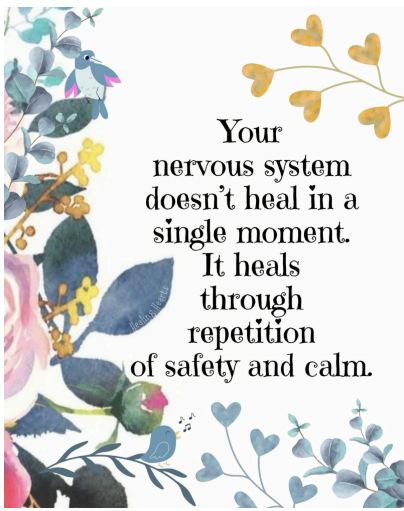
MAY Mental Health Observances

- Children's Mental Health Acceptance Week (May 3–9)
- National Prevention Week (May 10–16)
- Maternal Mental Health Week (May 4–10)

Book of the Month

For this month's selection, we are diving into **Lori Gottlieb's** compelling memoir, *Maybe You Should Talk to Someone*. This book offers a rare, "behind-the-curtain" look at the therapeutic process by weaving together Gottlieb's experiences as both a clinician and a patient seeking her own counseling.

By sharing raw, relatable stories from both sides of the couch, Gottlieb successfully demystifies the world of therapy, stripping away the stigma and showing it for what it truly is: a deeply human connection rooted in growth. Whether you are a seasoned advocate for mental health or someone curious about how counseling works, this memoir serves as an accessible and poignant introductory read. We look forward to discussing the universal themes of change, grief, and the stories we tell ourselves to survive.



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

YOUR HEALING JOURNEY START HERE

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.

YOUR FEEDBACK MATTERS

Connect with us!





Try email marketing for free today!