



October 2025 - Newsletter

October 2025 Mental Health Awareness Month



First State Bank Drives Support for Mental Health at Annual Golf Outing

The Thaar Care Foundation received a significant boost to its mission at the recent First State Bank annual golf outing. The financial institution, known for its commitment to community causes, presented a generous donation to Thaar Care, recognizing the critical need for accessible mental health services in the region.

In attendance to receive the donation was **Patricia L. Thaar-Tocco, MA, LPC, NCC**, the Founder, CEO, and Executive Director of the Thaar Care Foundation.

A Testament to Dedication

October Important Dates

Sunday, October 5, 2025, to Saturday, October 11, 2025 Mental Illness Awareness Week (MIAW) is observed annually during the first full week of October in the United States.

This awareness week, which is championed by the National Alliance on Mental Illness (NAMI), is dedicated to raising awareness, fighting stigma, and providing support for those affected by mental illness .

World Mental Health Day

October 10th is globally recognized as **World Mental Health Day (WMHD)**, an annual observance dedicated to raising awareness, mobilizing efforts in support of mental health, and advocating against social stigma worldwide.

Initiated by the World Federation for Mental Health (WFMH), the day encourages individuals, organizations, and governments to talk openly about mental health and ensure that support is accessible to everyone.

2025 Theme: Access to Services

The official theme for World Mental Health Day in **2025** is: "**Access to Services** –

The presentation of the donation at the well-attended golf outing was a moment to acknowledge not only the bank's corporate responsibility but also the unwavering commitment of Ms. Thaar-Tocco.

As the driving force behind Thaar Care, Patricia Thaar-Tocco's dedication has been instrumental in the foundation's growth, enabling it to provide essential counseling services and support to individuals facing financial barriers to care. Her leadership ensures that the foundation continues to expand its reach and fulfill its belief that *finances should never hinder access to mental well-being.*

The funds provided by First State Bank will directly support Thaar Care's efforts to offer prevention, education, and confidential counseling services, helping to fund sessions for individuals and families who may not otherwise be able to afford the care they need.

The Thaar Care Foundation extends its deepest gratitude to First State Bank for their generous contribution and commitment to the community's mental health.



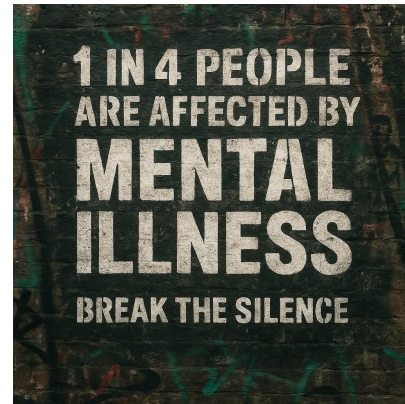
Health & Wellness on the Road with TC

Thaar Care Supports Mental Health Awareness at Out of Darkness Walk

Stoney Creek Metro Park, MI – The Thaar Care Foundation demonstrated its commitment to community mental health by actively participating in the recent Out of Darkness Walk at Stoney Creek Metro Park. The organization's presence ensured that attendees had immediate access to professional mental health guidance and support. Thaar Care extends its special thanks to therapist **Paula G.** and team member **Grace**, who generously volunteered their time to assist the public

Mental Health in Catastrophes and Emergencies."

This theme highlights the critical need to maintain and improve mental health and psychosocial support during and following crises such as natural disasters, conflicts, and humanitarian emergencies, ensuring that vulnerable populations are not left without care. The day serves as a powerful reminder that there is no health without mental health, and it invites everyone to participate in the global effort to make mental health a priority.



Thaar Care's Annual 'Taste for Life' Fundraiser a Culinary and Financial Success

[Fraser, MI] – The Thaar Care Foundation's annual fundraiser, "Taste for Life," has been declared a huge success, solidifying its reputation as a crowd-favorite event while raising crucial funds for mental health services. The successful evening would not have been possible without the generous support of the event's partners.

with their mental health questions and offer expert insights. Their dedication underscores the foundation's mission to increase access to vital mental health resources. For those interested in the expertise of the team members who volunteered their time at the event, here is a look at their professional backgrounds. For more information on their services and community involvement, please visit the [Thaar Care Foundation website](#)



Stoney Creek High School Hosts Mental Health Night, Supported by Thaar Care

Rochester Hills, MI – In a powerful demonstration of prioritizing student well-being, the **Stoney Creek High School Football Team** and **Team Continue** successfully hosted a crucial Mental Health Night for the school community. The event was organized to raise awareness, provide educational resources, and destigmatize the discussion around mental health challenges facing today's youth.

The evening featured specialized support from community partners, including the **Thaar Care Foundation**, which provided professional representation to assist attendees and answer questions. Representing Thaar Care at the event were dedicated therapists Diane and Abby.

As licensed professionals, Diane and Abby were on hand to engage with students, parents, and faculty, offering expert guidance and connecting them with appropriate resources. Their participation highlights the growing trend of athletic programs and schools actively incorporating mental health resources into their community engagement efforts.

The collaboration between the Stoney Creek Football Team, Team Continue, and Thaar Care underscores a vital message: mental health is a key component of overall wellness and athletic performance, and help is available within the community.

Thaar Care remains dedicated to supporting local initiatives that promote mental health

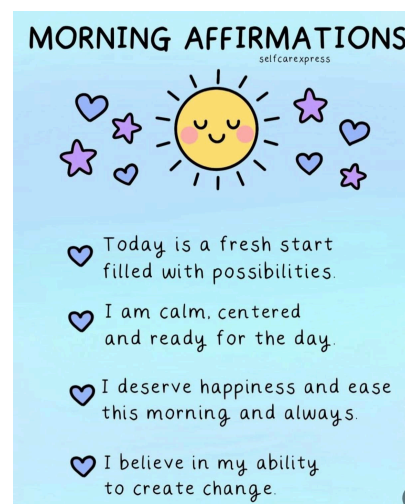
Thaar Care extends its sincerest gratitude to **Carmella Foods** and their staff for once again providing the elegant venue, exceptional service, and delicious food for the culinary celebration at the Carmela Culinary Center.

A Taste of Italy for a Cause

A special highlight of the evening was a gourmet presentation by **Chef Anthony Lombardo** of the acclaimed **SheWolf Pastificio & Bar** in Detroit. Chef Lombardo engaged the crowd by presenting three exquisite tasting samples, expertly paired with specialty Italian wines, demonstrating the contemporary Italian focus for which SheWolf is known. His participation elevated the event and added a unique, memorable experience for all attendees. The annual fundraiser is a critical component of Thaar Care's efforts, with the money raised going directly toward funding counseling sessions and expanding outreach programs for individuals who may not otherwise have the financial means to access mental health support.

"This event has grown over the past years and has truly become a crowd favorite," a Thaar Care representative stated. "We are overwhelmed by the community's support and generosity, which directly enables us to continue our mission of increasing access to vital mental health care."

Due to its popularity, the foundation is already planning for next year. Mark your calendars now: **Save the date for the Fall of 2026**. You won't want to miss out!



awareness and personal growth. For more information on their services and community involvement, please visit the [Thaar Care Foundation website](#)

[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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