How easy is it to truly practice love? Sometimes it depends on the day. Sometimes it depends on the stressors in our lives. It often depends on how much we love ourselves at a certain moment in time. Sometimes life throws things at us that truly test our will to practice love.

It is hard to love others’ flaws and certainly hard to love our own flaws. I wonder if maybe the struggle to show or find love in darker times is actually love in action. The want for something more, something better, the yearn for answers when we are lost - could that be love in action?

When we have someone in our lives who is in pain, and we can’t fix that pain, our heart breaks like thousands of shards of glass and is one of the scariest places to be. You may ask yourself where is the love in that? It lies in the thousands of shards of glass. It lies in the gasping of breath every time another wave comes. It lies when you assure that person that you won’t give up because they are worth the fight. Love lies in the mess, and it is beautiful.

As you read this, I hope you reflect on what messy love looks like in your world and how
that feels in your body. Notice labels and judgements vs compassion and empathy- both inwardly and outwardly. I am not asking you to like messy love. But I am asking you to practice messy love.

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**Conversations with CKG**  
*Mindfulness: Meaning, Benefits, and How to Practice*

Join us on February 8th for a conversation on the many benefits of mindfulness and how caregivers and teens can use this practice as a tool to care for their mental health. CKG's own Clair Norman, professionally trained in mindfulness, will facilitate. We will be joined by guest experts Collin McConaghy and Jake McDonald, Certified Mindfulness Meditation Teachers and co-founders of The Peavey Project. Register [here](#) for free.

More information on the origin and mission of The Peavey Project is available on their [website](#).

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**SpeakUp5k**  
*September 9, 2023*
A Valentine’s Day gift for you! Register for the 10th SpeakUp5k February 1-14th for $14 (ages 5-22) or $24 (ages 23+). Join CKG on Saturday, September 9 at Byrd Park or Virtually to SpeakUp for teen mental health.

Race Sponsorships are Now Open!

Sponsorships for the annual SpeakUp5k are now open. Join CKG as we celebrate our 10th race and immerse yourself in a joy-filled day that you and your company will not forget. Sponsorships begin at the $500 level and can be customized to fit your needs. For sponsorship questions, please contact Missy Minton at missy@ckgfoundation.org. Together, let’s erase the stigma.

It's Official, We've Moved!

After eight years in the Gayton Crossing shopping center, the CKG office is now housed in
Scott's Addition. We leave behind lots of wonderful memories, but we are excited to be in this new space and look forward to being near to many other Richmond-area companies. A huge thank you to Cavalier Moving who made this transition incredibly smooth.

Our new address is **3200 Rockbridge Street, Suite 102, Richmond, VA 23230**. We look forward to hosting you in our new office!

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**SpeakUpLightUp the Night**

Friday, April 28, 2023
6-8pm
Dewey Gottwald Center
Science Museum

We are excited to announce 'SpeakUpLightUp The Night' a party for teens to hang out and celebrate their mental health in a fun experiential way. We have secured surprise guest speakers you don't want to miss! Free. Sponsored by CKG Foundation. More to come!

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**AmazonSmile Update**

Amazon plans to discontinue AmazonSmile on February 20, 2023. We are so grateful to all of you who have purchased through this over the past several years!

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**Thank You!**
We are grateful for your support as we continue to provide education and hope for those struggling with anxiety and depression.

Donate Today

You Are Not Alone. Resources Are Available.

Mental Health Resources
Cameron K. Gallagher Mental Health Resource Center

Our Mission
To fulfill Cameron's dream and legacy by being a positive force that works to cultivate awareness and understanding of teen depression anxiety.

The CKG Foundation is qualified as a charitable organization under Section 501(c)(3) of the Internal Revenue Code: Tax ID 46-5172019. Contributions are tax-deductible to the extent permitted by law.

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