



SpeakUp

for teen mental health

NEWS

March 2023



Camille Schrier, Miss America 2020

CKG Welcomes Keynote to April 28th Event

CKG is honored to welcome Camille as one of two keynote speakers for a one-of-a-kind event for teens, **SpeakUp LightUp The Night** (see below). She is currently completing a Doctor of Pharmacy at Virginia Commonwealth University, Camille earned dual Bachelor of Science degrees in Biochemistry and ...

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Message from Grace Gallagher Executive Director, CKG Foundation

World Mental Health Day

March 2, 2023

Happy World Mental Health Day! The goal of celebrating this day is to shine a light on the mental health issues teens face and the importance to destigmatize so they will seek the help they need.

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Timely & Notable

Don't Miss This!

New Board Members

Katie Jordan & Patrick Gallagher

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are the newest rock stars in our band of experts.

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New Event for Teens

SpeakUp LightUp The Night celebrates mental health in a way you've never seen.



CKG Spotlight - Volunteer

Jackie Rice Says 'Yes' With a Smile

We are so grateful to longtime friend and supporter, Jackie Rice. She continues to give selflessly to the CKG mission. "Having loved ones suffer from depression and anxiety led me to CKG, being able to support them...."

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SpeakUp5k

Time to Register Your Team

In the madness of March & basketball season, remember to register your work or friends team for the SpeakUp5k. Special incentives & tons of fun await you. Learn more and register.

[Register](#)



Mental Health Education

Interested in Free Resources?

All You Have to do is Ask

Whether you prefer an online or tactile learning experience, CKG has the original and engaging tools for you.

[Learn More](#)

[Read More](#)



Cameron K. Gallagher Foundation

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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HELP STARTS
WHEN WE

SpeakUp

FOR OURSELVES
AND OTHERS

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