



SpeakUp

for teen mental health

NEWS

April 2023



Rob Brandenburg, VCU Final Four Team

Keynote Speaker, SpeakUp LightUp The Night

Rob Brandenburg created a personal mantra, **Another Day, I'm Thankful** when he was playing professional basketball in Spain. Before that he was a baller for VCU's historic Final Four team (2011). Rob is from Ohio and chose VCU (Virginia Commonwealth University) because another Ohioan punched his ticket to Richmond. Coach Shaka Smart prioritized staying in the moment...

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Message from Grace Gallagher Executive Director, CKG Foundation

Palm Trees

April showers bring May flowers. I would like to focus on the April showers for the moment. These showers can turn into storms with high winds very quickly. I think about how the excitement of spring...

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Timely & Notable

Don't Miss This!



SpeakUp LightUp The Night - REGISTER TODAY

[Register](#)

Register your teen for SpeakUp LightUp The Night on April 28, 2023, at the Dewey Gottwald Center. This one-of-a-kind social event for teens to celebrate mental health, have fun with stations or 'experiences' that promote..

CKG Spotlight - Susan Nixon



Ray of Sunshine

Some people are like a walking, talking ray of sunshine. Susan Nixon is one. Whether it is the unexpected treat baskets from Dominion Payroll, or her warm smile as soon as you open the doors to their office, Susan is special, and we adore her....

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SpeakUp5k

Price increase on May 1

Register for the 10th Dominion Payroll SpeakUp5k before the price increase on May 1. Join us for the area's biggest celebration of teen mental health! Thank you to our committed sponsors...

[Register](#)



Mental Health Education

Interested in starting or joining a SpeakUp Club?

SpeakUp Clubs are a way for teens to be ambassadors of kindness each day so that they may lead by example and support ending the stigma associated with mental health.

[Learn More](#)

Read More about our February meeting with the Atlee SpeakUp Club.

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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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