

SpeakUpNEWS



Cameron K. Gallagher Foundation

Awareness, Education and Help for those battling teenage depression

January 2023

A Wish for the New Year

By Grace Gallagher, Executive Director



Happy New Year! My wish for all in 2023 is to know that **YOU ARE NOT ALONE.**

We all have experienced loneliness in our lives. Sometimes even in a crowd of people we are lonely. Often stigma plays a role in such feelings. I once heard someone say that you would never walk into a dark alley alone, therefore you should never walk into a dark mind alone. Take someone with you.

Could 2023 be the year we free ourselves of shame and replace it with the hand of a friend? Can we resolve to turn down the self-criticism and turn up the self-care? If we are kinder to ourselves, we are then able to authentically be kinder to those around us.

They say there is strength in numbers. Take a breath, look around, find your strength in all those in your life. Give them the opportunity to walk with you. No one needs to walk alone. You are a gift to be shared. Let's walk alongside each other scars and all. Share your fears, your laughter, and your tears. Share the whole you. Yes, strength is in numbers and with CKG fulfilling Cameron's dream, you can be rest assured **YOU ARE NOT ALONE.**

CKG Mission in Forty Seconds

Video Short Take



We are pleased to share a [video-version of our new mini-brochure](#). An example of perfect things in small packages, this piece is also available in print. If you or any of your contacts would benefit from a creative representation of Cameron's vision, dream and legacy mission - just let us know. We are happy to share. We like to call this desktop inspiration, a virtual hug from CKG Foundation. Check out the 'how can I help' section on the back inside cover.

Cultural Sensitivity Toolkit is LIVE

High School and Middle School Versions Available

“

Through a personal story we can realize something that someone else is going through is pretty similar to what we are going through"

MYLES BROWN

Musician & Visual Artist
Expert Contributor
Cultural Sensivity Toolkit



Free Online Skill-building Expert-vetted Research-backed



We are delighted to offer a fifth mental wellness toolkit to our menu of topics. We live in a diverse world made small by advanced technology. CKG Foundation recognizes the benefits of developing skills for handling situations with which we are less familiar. The goals are to increase self-awareness, experience the power of story sharing, promote the value of active listening and develop compassion and connection. If you are interested in a demo, receiving a simple user agreement for access, or to learn more email program@ckgfoundation.org.

Registration OPEN for SpeakUp5k

September 9, 2023

**SPEAKUP5K
REGISTRATION**

IN HONOR OF OUR
10TH SPEAKUP5K
AND CAMERON'S
BIRTHDAY
MONTH, REGISTER
AT A DISCOUNTED
PRICE!

AGES 5
TO
22 =
\$10
AGES
23+ =
\$21

WIKIUN K. GALLAGHER FOUNDATION
CKG

VALID: 01/01 - 01/21

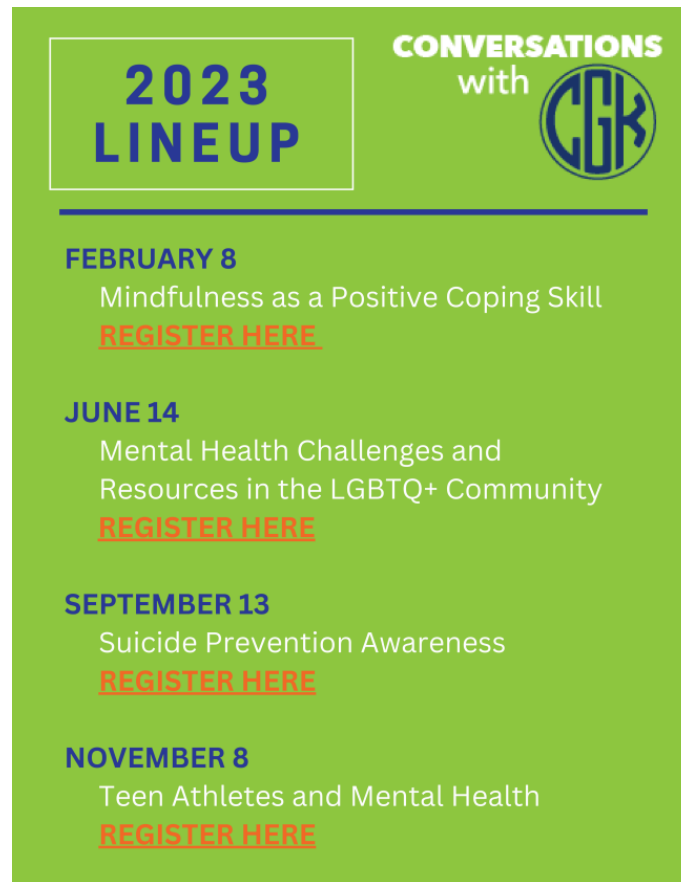
Registration for the 10th Annual Dominion Payroll SpeakUp5k on Saturday, September 9 is open! **Register now through January 21st for our lowest price of the year.**

Participants ages 5-22= **\$10**

Participants ages 23+= **\$21**

Pricing applies to both the in-person and virtual race. Let's continue to SpeakUp for teen mental health!

Conversations with CKG



The graphic is a green rectangular box with a white border. At the top left, it says "2023 LINEUP" in large blue letters. To the right, it says "CONVERSATIONS with" in white, followed by the CKG logo (a blue circle with white letters). Below this, there are four entries, each with a date, a topic, and a "REGISTER HERE" link in red text.

Date	Topic	Register Here
FEBRUARY 8	Mindfulness as a Positive Coping Skill	REGISTER HERE
JUNE 14	Mental Health Challenges and Resources in the LGBTQ+ Community	REGISTER HERE
SEPTEMBER 13	Suicide Prevention Awareness	REGISTER HERE
NOVEMBER 8	Teen Athletes and Mental Health	REGISTER HERE

Our 2023 Conversations with CKG calendar is live! Registration is open and is free. More details on each conversation will be announced in the coming months.

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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HELP STARTS WHEN WE **Speak Up** FOR OURSELVES AND OTHERS

[View this email as a webpage.](#)