

SpeakUpNEWS



Cameron K. Gallagher Foundation

Awareness, Education and Help for those battling teenage depression

December 2022

Wonder

By Grace Gallagher, Executive Director

One of my most favorite songs is Louis Armstrong's "What a Wonderful World." As we head into the holiday season, I invite you to pay attention to the lyrics with fresh ears.

"I see skies of blue and clouds of white. The bright blessed day and the dark sacred night. And I think to myself, What a Wonderful World." Wow, very profound. To hold the light and the dark in a sacred space can be freeing. To see it all in wonder, with curiosity, without judgement can lead to the healing of wounds. Practicing the art of wonder and curiosity with our own thoughts and feelings as we navigate through what can be a stressful, lonely season is truly empowering. Perhaps we can simply name the harder, heavier thoughts stripping them of the power to dictate our self-worth. What a beautiful gift to give ourselves. The permission to look inside without judgement. When we give ourselves that gift, it automatically spills out to the world around us.

"The colors of the rainbow so pretty in the sky, are also on the faces of people going by..." This reminds me to pause, to take a breath and notice the many colors I pass by on a daily basis. Just like the ombre of colors in a rainbow, the rich color of traditions from the many different cultures around the world celebrating in their own beautiful way. Yes, Louis, you are correct, I do think to myself, "What a Wonderful World."

Much love, happy holidays, and merry mental wellness!

Grace

Tools & Treasures

Free Original Online Toolkits for Your Mental Health

FREE. ONLINE. ORIGINAL.
MENTAL WELLNESS EDUCATION



EDUCATIONAL RESOURCE PACKAGE WITH JOURNAL AND GUIDE
EXPERT-VETTED. RESEARCH-BACKED.



FOR ACCESS & INFO:
PROGRAM@CKGFOUNDATION.ORG

CKG Foundation's full suite of mental wellness toolkits are available to teens through schools, teams, clubs, care providers and just about any extracurricular organization. Designed for group facilitation or independent engagement, they are a great tool for families to support and guide important, positive conversations about mental health. Always free. For more information contact program@ckgfoundation.org.

SpeakUp Club News



We had the honor of meeting with the Atlee High School SpeakUp Club leadership team in November. These students play an integral role in living out the CKG mission and continue to SpeakUp for Teen Mental Health. We were able to deliver t-shirts, journals, and other CKG swag, and thank them for the wonderful work they do in an effort to end the stigma. Thank you, Atlee SpeakUp Club!



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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