

OCT 2021

CWC CONNECTION



Next Community Meeting: Nov. 3rd, 2021: 2pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88962790862>

Meeting ID: 889 6279 0862

One tap mobile

+13462487799,,88962790862# US (Houston)

Agenda



2:00-2:30 Join Alejandro Coronado, Community Relations Coordinator from Familia Dental (and our newest board member) for an informational session on the services that Familia Dental provides as well as their community initiatives in Valencia County. Mr. Coronado brings a passion for engaging community partners across sectors to impact our residents' awareness of participation in all services. He also serves as the chair for the 100% Communities Medical/Dental Task Force.



2:30-2:50 Community Introductions and Updates

2:50-3:00 100% Communities Update

100% Community Behavioral Health Task Force invites you to:

My Community Mondays



Stress Busters:
An interactive
and fun way
to manage
challenges!

When: Monday, Nov 1st, 2021

Time: 11am-noon

Where: St. Phillips Episcopal Church
113 La Luna Pl., Rio Communities, NM

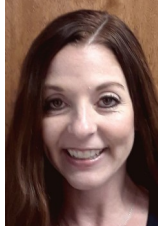
Facilitated by Diana Good,
Health Promotion Specialist,
NMDOH
505.222.0958

Come learn how to notice and
reduce stress for you, your
family, friends and neighbors.



Brought to you by the 100% Community's Behavioral Health Task Force in Valencia County

CWC is actively recruiting new board members who represent our diverse community. If you are interested, please begin your orientation at our website <https://www.communitywellnesscouncil.org/new-member-orientation>



Ginny Adame
Chair



Fr. Robert
Mundy
Vice Chair



Diana Good
Secretary



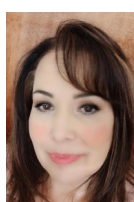
Peggy Gutjahr
Co-Treasurer



Carol Claus
Co-Treasurer



Bart Regelbrugge
Board Member



Linda Montaño
Board Member



Alejandro Coronado

JOIN ~ SHARE ~ STRENGTHEN OUR COMMUNITY

In lifting others, we rise ...
Please join us once a month!
Valencia County is a 100% Community.

Why Join Us?

- Make a difference
- Your voice: valued and needed
- Connect and network with others
- Build capacity and readiness in community
- Real change for real people

Priority Areas

- Violence Prevention
- Behavioral Health
- Substance Use
- Healthy Eating
- Active Living

Youth Mentoring
4th Monday @ 3 p.m.

Early Childhood
2nd Tuesday @ 9:30 a.m.

Medical/Dental
2nd Wednesday @ 9 a.m.

Jobs
2nd Wednesday @ 10:30 a.m.

Behavioral Health
2nd Thursday @ 1:30 p.m.

Community Schools
3rd Wednesday @ 12 noon

Housing
3rd Wednesday @ 9 a.m.

Food
3rd Thursday @ 10 a.m.

Parenting Supports
4th Tuesday @ 9:30 a.m.

Transportation
4th Wednesday @ 2 p.m.

The Best Gift ... is You!

For info or to join, contact us:
communitywellnesscouncil@gmail.com
<https://www.100nm.org/valencia/>
Diana Good (505) 222-0958

Designed by Wilderwood Equine Therapy and Rescue
Sponsored by Village of Los Lunas/ Valencia County DWI Program/ Office of Substance Abuse Prevention Grant Funding

SURVEY OPEN! Click pic

YOUR VOICE MATTERS!

Do you want to share your thoughts and experiences on **access to basic family services** like medical care, childcare, job training, transportation, housing, and more, in Valencia County?

Please take our **10-minute survey** to help us make life better for families in our county.

Visit the survey link:

<https://bit.ly/Valencia21>

or Scan the QR code on your iPhone camera or Android QR code app



"V" must be uppercase



Updated Resource Directory is online and ready to use!

<https://www.communitywellnesscouncil.org/Community-Resources.html>

COVID Resources

available as well: <https://www.communitywellnesscouncil.org/COVID-19-Coronavirus.html>

<https://cv.nmhealth.org/covid-vaccine/>

Community-Identified Priorities

- 1) Violence Prevention
- 2) Behavioral Health
- 3) Substance Use
- 4) Healthy Eating
- 5) Active Living



Our Vision: "A community working in cooperation to ensure the health and well being of all its residents." Our Mission: "To promote community collaboration through framework of coordination, assessment and solutions." <https://www.communitywellnesscouncil.org/>. Photo is from a Pre-COVID gathering.