



May 2018

Our Mission!

Improving the lives of children, adults, and families impacted by mental health and substance use disorders.

[Donate Today](#)

[Amazon Smile](#)

Greetings!

Mark your calendars for Arundel Lodge's Annual Hope Re-imagined fundraiser! See details below.



UPDATE

Night in Havana!



September 15, 2018

To sponsor contact [Tanya St. John](#)

Benefiting individuals and families struggling with mental health and substance use disorders.

DID YOU KNOW...

Talking to Children About Mental Health Can Be a Life Saver

Conversations about physical health and well-being should go hand-in-hand with conversations about mental health. Carrie Kocheł, LCPC, NCC, Child and Adolescent Therapist at Arundel Lodge explains, "We teach our children about healthy foods and the importance of physical exercise to keep our bodies healthy, but we only address mental health after we notice abnormal or maladaptive behavior."



Five tips to help children learn coping skills and understand how to stay mentally healthy include:

[Keep Reading](#)

HIGHLIGHTS

Take a Book, Give a Book

Parents! The Marcus Youth and Family Center team is always considering new ideas to enhance children's experience when attending therapy. They are very excited about their latest addition, the *Book Swap*, where children are encouraged to "take a book and give a book."



Arundel Lodge FAQ



Arundel Lodge receives many recurring questions from community members wanting to know more about what we do, those we serve, and the programs and services we offer. We are pleased to provide the community with answers in this section. If you have any questions, email them to ["I Have a Question"](#) and we will do our best to answer them. You may even see your question in our next newsletter!

[Read Previous FAQs](#)

Meet the Team

Marcus Youth & Family Center Team

The *Marcus Youth and Family Center* at Arundel Lodge provides mental health treatment to children ages 4 to 17 years old and their families. Services are available for our Spanish speaking community members as well as community members who are deaf and hard of hearing.

Younger children can express themselves and establish a safe, trusting relationship with our therapists in the Play Therapy Room. Adolescents and teens can meet with therapists one-to-one or benefit from group therapy and positive peer support in a comfortable, welcoming space designed just for them. Meet the team that makes the Marcus Youth and Family Center the place for kids to experience compassionate care and healing.



*Lateshia Jackson, Valerie Coyner,
Carrie Kochel*

*Emily Broadwell, Egochi Adesina,
Kate Mercurio*

[Meet the Team](#)

Volunteer Opportunities



I interested in volunteering at Arundel Lodge? See our volunteer opportunities and choose the one that's right for you! [Read more](#) .

Be part of the Arundel Lodge volunteer team!

Contact [Deborah Wienhold](#) or call (443) 433-5943

Community Happenings

Mission BBQ Free Chow for Veterans

Mission BBQ wants to thank those who serve. If you are a veteran, sign up for Mission BBQ's [Veterans VIP Club](#).



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