

ALEXANDER CHILDREN'S FOUNDATION

June 2024 eNews



LETTERS FROM LYNN: JUNE 2024

Happy Summer! I hope this message finds you in great spirits and good health.

We're still riding the wave of joy from our annual fundraising event, Celebrating Our Kids, which took place on May 2nd at The Casey. Your presence made the evening not just a success, but an opportunity to engage in conversation about the amazing work being done at Alexander Youth Network to help children who are

struggling with mental and behavioral health challenges. We cannot thank you enough for coming together to support the mission of the Alexander!

For those who could not join us or wish to relive the inspiring moments, we invite you to [watch the video](#) we shared during the event. It's a window into the life-changing work we do and the young lives we uplift together. If you'd like to help us nourish the children we serve so they can flourish, [please consider making a gift today](#).

As we celebrate our shared experiences and look forward to new ones, let's also remember the importance of our own well-being. Positive mental health is not just a goal, it's a journey, and staying connected with others is a key part of it. Here are some tips to keep in mind:

- Nourish Your Body and Mind: A balanced diet and regular exercise can do wonders for your mental health.
- Rest and Recharge: Quality sleep is crucial. It's the time when our body and mind heal and rejuvenate.
- Take Time for Yourself: Engage in activities that bring you joy and relaxation.
- Set Realistic Goals: They give us direction and a sense of accomplishment when achieved.
- Practice Gratitude: Reflect on the positives in your life; it can significantly boost your mood.
- Stay Connected: Reach out to friends, family, or colleagues. A strong support network is invaluable.

Remember, taking care of your mental health is not a luxury, but a necessity.

Thank you once again for your unwavering support. Together, we're not just nourishing our children but giving them the skills they need to flourish.

Gratefully,
Lynn

VOLUNTEER CORNER

The summer months are here and our kiddos are looking forward to our summer camp weeks. During the summer months, our staff work hard to create new and exciting experiences for the children at Alexander Youth Network. The weeks will include a variety of fun activities: water games, relay races, sports games, science units, bike riding, cottage Olympics, and much more! We are also thrilled that our campus pool has undergone a renovation just in time for the summer, complete with a new paint job provided by two volunteer groups, Marsh and Wells Fargo. Swimming is a great form of exercise and has many positive effects on our mental wellbeing. It releases endorphins that make us feel good and reduce stress and anxiety. It promotes brain health and increases one's self-confidence. Plus, it's a lifelong skill.

Want to help make sure our kiddos have what they need to swim? Consider [shopping off of our Amazon Swim Wish List!](#)

To learn more about our volunteer opportunities, contact Ashley Nieves at anieves@aynkids.org



CAMPUS TOURS

Looking for something fun and educational to do this summer? Join us for a tour of Alexander Youth Network. We offer personalized, guided tours allowing you to ask questions and speak directly to a member of our team.

All tours of Alexander will take place on the Charlotte campus, located at 6220 Thermal Road, Charlotte, NC. Campus tours last approximately 30 minutes and are led by a member of the Alexander Children's Foundation team or board member.

To learn more about tours, contact Crissy Humble at chumble@aynkids.org.

SPONSOR HIGHLIGHT

We are so honored to have been chosen as one of the beneficiaries of the inaugural Ace The Stigma tennis tournament honoring Chuck Reiney.

Ace The Stigma was founded in 2023 in memory of Chuck Reiney who died by suicide at the age of 53. Chuck was a husband, father, and an avid tennis player. After his passing, his family decided to act and turn heartbreak into something positive. The Reiney family established Ace The Stigma to increase awareness and raise funds to support organizations that are working to help those who are struggling with mental health challenges right here in Chuck's hometown of Charlotte, NC. Ace The Stigma's mission is to defeat the stigma surrounding mental health and their hope is that others won't have to endure the pain they have if we can spread the word about mental health services and connect those that need help to organizations providing help. They want to eliminate the stigma around asking for help. Alexander Youth Network shares in that mission and is proud to partner with them. We were lucky to attend their event in May and participate in the tournament with several teams competing as well as meet so many others who want to change the landscape surrounding mental health.

THANK YOU, Ace The Stigma, for your work. Because of you, Alexander Youth Network will be able to treat even more children who are struggling with mental and behavioral health challenges.

If you or someone you know is struggling, you are not alone. For services, please reach out to the free resources below:

Alexander Youth Network: Call (855) 362-8470 or visit www.alexanderyouthnetwork.org/intake-admissions/

988: Suicide & Crisis Lifeline provides 24/7 confidential support. They can connect you or a family member with local services in your community.

NAMI (National Alliance on Mental Illness): call 800-950-6264 or visit their website, www.nami.org



CELEBRATING OUR KIDS

A special shout-out to our generous event sponsors – your commitment to our cause is the cornerstone of our success. Your support empowers us to continue our vital work, and for that, we are eternally grateful.

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