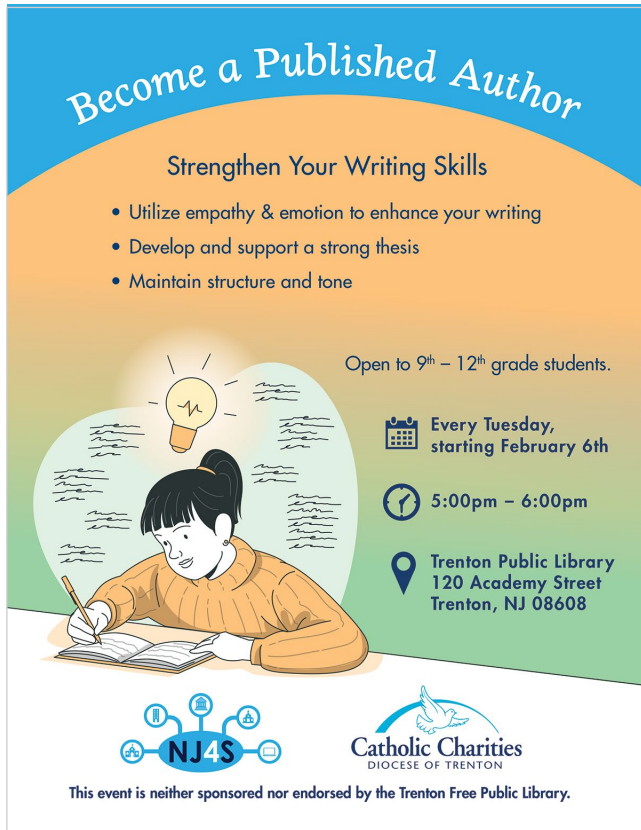


Student Support Services-Mercer

Issue 1.6

Spotlight on Ongoing Tier 1 Services at Trenton Free Public Library



Become a Published Author

Strengthen Your Writing Skills


- Utilize empathy & emotion to enhance your writing
- Develop and support a strong thesis
- Maintain structure and tone

Open to 9th – 12th grade students.

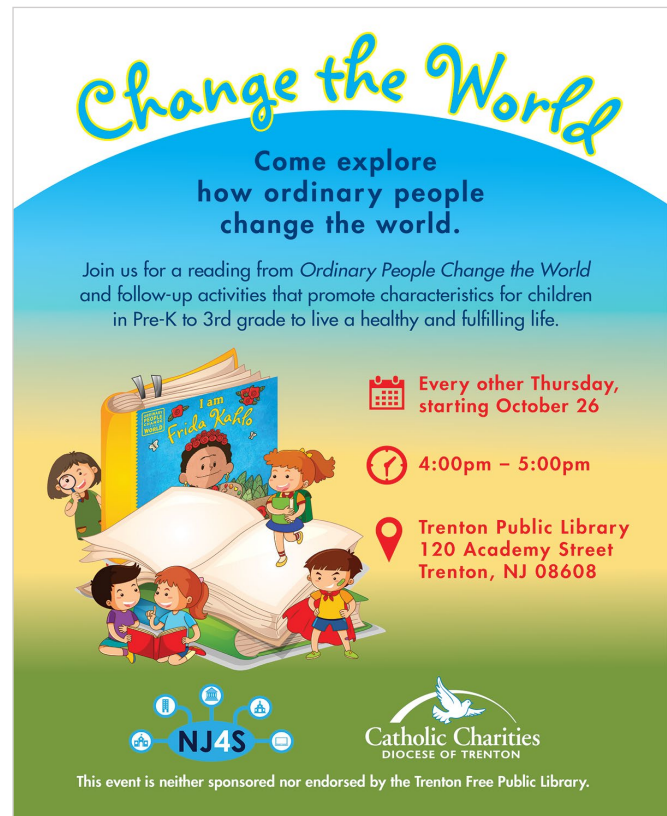
Every Tuesday, starting February 6th

5:00pm – 6:00pm

Trenton Public Library
120 Academy Street
Trenton, NJ 08608

 Catholic Charities
DIOCESE OF TRENTON

This event is neither sponsored nor endorsed by the Trenton Free Public Library.



Change the World


Come explore how ordinary people change the world.

Join us for a reading from *Ordinary People Change the World* and follow-up activities that promote characteristics for children in Pre-K to 3rd grade to live a healthy and fulfilling life.

Every other Thursday, starting October 26

4:00pm – 5:00pm

Trenton Public Library
120 Academy Street
Trenton, NJ 08608

 Catholic Charities
DIOCESE OF TRENTON

This event is neither sponsored nor endorsed by the Trenton Free Public Library.

To make a referral for these services on behalf of a community organization or school, or for further information on services provided through the NJ4S- Mercer hub, contact HUB Director Michael Lovaglio at (609) 394-5157 ext. 2149 or via email at MLovaglio@cctrenton.org.

Meet the Newest Members of Our Team

Kenya Blackstone

Supervising Prevention Consultant

Kenya earned a Master of Social Work degree from Temple University as well as a Certificate in Organizational Leadership from Cairn University. She has worked with Children First in Philadelphia and New Jersey public schools. Kenya is eager to supply underrepresented children and families with necessary resources.

Dana Bannon

Clinician

Dana has worked in the Mental Health field since 2012 in a multitude of areas ranging from inpatient to private practice therapy. Dana is dedicated to providing a safe, comfortable environment for others to be themselves and learn how to grow and achieve their goals.

Student Support Services-Mercer

Mindful Moment Practices

The start of a new year is often a time of reflection as well as excitement for things to come. With it, we are presented with another opportunity to take a Mindfulness Moment.

*Please see issues 4 & 5 for initial steps in taking a Mindfulness Moment.

4. Quick Relief with Deep Sighs:

- Three long deep breaths: in nose, out mouth.

5. Releasing and Refreshing:

- Breathing in what's needed (ease/calmness).
- Breathing out what's not helpful (anxiety, worry).
- Repeating as long as is helpful.

6. Maintaining Solid Ground w/High Emotions:

- Noticing high energy (anger, excitement).
- Finding internal stability in breath and body.
- Setting intention to be internally grounded/calm.

Resource Recommendation

["Loving Your Enemies"](#)

"There's another reason why you should love your enemies," explains the Reverend Dr. Martin Luther King, Jr., in this radical sermon delivered relatively early in his national crusade for civil rights, ["and that is because hate distorts the personality of the hater."](#) An undeniable prophetic warning from an undeniable prophetic voice.

["Adequate Midlife Protein, Especially From Plants, Tied to Healthy Aging"](#)

The first study to examine the long-term impact of eating protein finds, "Intake of protein, especially from plants, in middle age is associated with higher odds of healthy aging and positive mental and physical health status in older women, a recent analysis of the Nurses' Health Study (NHS) data suggests," reports Diana Swift.

[Classroom WISE: Well-Being Information and Strategies for Educators](#)

A free mental health and wellness training for educators and schools staff working with students in grades K-12, developed by the Mental Health Technology Transfer Center (MHTTC).

Have a Resource Recommendation? Send Michael an email at MLovaaglio@cctrenton.org