



**CHILD & FAMILY**  
GUIDANCE CENTER OF TEXOMA  
Where help, hope and healing begin

## May Case Management Newsletter

Hi there! Take a moment to check out our May Case Management Newsletter – it's packed with local events, highlights for Mental Health Awareness Month, and something new and exciting happening at CFGC!

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### May is Mental Health Awareness

May is Mental Health Awareness Month – a time to prioritize well-being and remind ourselves that taking care of our mental health is just as important as our physical health.

In the spirit of positivity and self-care, we've attached some helpful resources from Mental Health America, filled with tips and tools to support your mental wellness.



[Mental Health Printable & Prompts](#)



### Memorial Day

In honor of Memorial Day, our office will be closed on Monday, May 27, 2025, as we take time to remember and honor the brave men and women who gave their lives in service to our country.

We will resume regular business hours on Tuesday, May 28.

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### Cinco de Mayo

This day commemorates the Mexican army's victory over French forces at the Battle of Puebla on May 5, 1862.

We've attached a weblink below where you can learn more about the history and significance of this celebration.



[Cinco de Mayo History](#)

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## Local Events

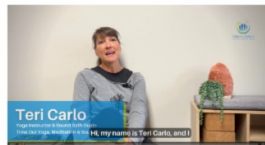
We've attached a link with information about upcoming local community events. Feel free to check it out and see what activities and opportunities are happening in our area!

[Local Events](#)

## Check out our new Mental Wellness Library

We're excited to introduce our new Mental Health Self-Care Library, available anytime you need it! It features a variety of exercises and resources to help you relax, reduce stress, and find calm throughout your day. Scan the QR code below and save it for easy access whenever you need a moment of self-care.

### Quick & Easy Self Care Exercise for Mental Wellness



Scan the QR code below with your smartphone to explore our Mental Wellness Library on YouTube!



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