

# MINDS IN MOTION MESSENGER



THE SOCIAL WORK CORNER



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### QUOTE OF THE MONTH

"The comeback is always stronger than the setback." – Dr. Jill Murray  
After the challenges of Hurricane Helene, let's focus on resilience and staying positive as we move forward!

### ATTENDANCE SPOTLIGHT

**Let's Bounce Back!**  
Last month's hurricane impacted attendance, but we can make October count! Let's aim for a strong finish—remember, every day in school matters.

#### Perfect Attendance Shout-Outs:

Cheyenne Hunter (9th), Hector Santiago (10th), Shiah Rivers (11th), & Jazmin Flores (12th),

### COMMUNITY RESOURCE

This month, we highlight American Red Cross, offering CPR and first aid training, emergency preparedness education, emotional support, health services and financial aid.

Contact: (800) RED-CROSS | [www.redcross.org](http://www.redcross.org)

### MENTAL HEALTH TIP

#### Coping After A Crisis

After stressful events like hurricanes, prioritize mental health by talking, connecting, and practicing self-care—small steps like deep breathing or a short walk can reduce stress.

### FEATURED EVENT

#### Garden & Farm Family Fall Festival Oct. 26 9-2PM

1155 Research Rd Quincy, FL 32351

Contact Person: [Mara.Shiver@ufl.edu](mailto:Mara.Shiver@ufl.edu)

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Need Additional Resources or Assistance?

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