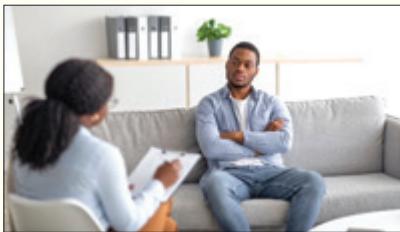




MENTAL HEALTH MATTERS!

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental health is just as important as physical health throughout our lives.

Mental health issues are common; more than 1-in-5 adults in the US live with a mental illness.



Mental health equity is the state in which everyone has a fair and just opportunity to reach their highest level of mental health and emotional well-being.

Obstacles to Mental Health for Racial and Ethnic Minority Groups

Therapy can play an important role in supporting mental health.

Many people from racial and ethnic minority groups have difficulty getting mental health care. This can be due to many different reasons, such as cost or not having adequate health insurance coverage. It may also be challenging to find providers from one's racial or ethnic group.

Stigma or negative ideas about mental health care may also prevent people from seeking services.

Other things in our environment can impact mental health and emotional well-being. For example, experiencing or witnessing racial discrimination or racial violence can cause stress and racial trauma.

Poverty (or having low income) may limit access to mental health care. Poverty can also cause stress and may lead to mental health issues.

Source: CDC

PROJECT NAF COMMUNITY ADVISORY BOARD

Jacquelyn Odom: Former Participant
 Denise Duckett: BCHHS Pregnancy Care
 Nancy Farmer: Spare Foundation
 Charlene Galloway-Pea: Mt. Zion Church of Asheville, Inc.
 Anne Kouri, Mars Hill University
 LaToya McDaniel, Current Participant
 Tim Splain, Asheville City Police Department (Male Advocate)
 Trina Stokes: Advent Health
 Royanna Williams: Business Owner, Former NAF Participant

ECHO (Enhancing Collaborative Health Options & Opportunities)

Juneteenth Freedom Day in the Park



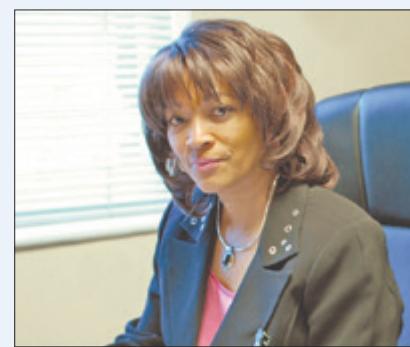
Honoring the vibrant spirit of our community on Saturday, June 17, 2023 in Pack Square Park in Downtown Asheville.



Happy Birthday to
Dr. John H. Grant (July 7)



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Belinda K. Grant
 Executive Director
 (828) 776-1428
 belindakgrant@mzcd.info



Staff

Barbara Anderson: Office Support/Community Connector
 Dr. Ronald Caldwell: Supervising Physician
 Sapphire De'Bellott: Project NAF Outreach Worker
 Mr. Henry Glaze: Transportation Coordinator
 Kontia Grant: Nurse Family Practitioner
 Anita Love: Outreach Worker
 Natalia V. Munoz-Schneier: Nurse
 For general information, please contact
 Ms. Rosa B. Hearst, Receptionist:
 (828) 252-0515

Board of Directors

Linda Glaze: Chair, Chief Operating Officer
 Rev. Scott Rogers: Vice Chair
 Michelle Harper, Treasurer and Fundraising Co-Chair
 Cynthia Yancey, MD: Fundraising Chair
 Leroy Simpson, Member
 Tracey Rice Johnson, Member

PROJECT EMPOWER EDUCATION MEANS POWER

In collaboration with community partners including The Partnership for Substance Free Youth in Buncombe County.

Our programming is made possible through the support of our generous funders.



Mt. Zion
Missionary
Baptist Church
of Asheville, Inc.



DOGWOOD
HEALTH TRUST



First Presbyterian Church Asheville