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# MAYORS WELLNESS CAMPAIGN<sup>®</sup>

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**QUALITY INSTITUTE NEWS & UPDATES**

## [Register Today for Your County's Town Hall](#)

These are Quality Institute hosting MWC focus groups in every county with mayors and MWC leaders and volunteers to better understand your top health and wellness priorities. We need your input to provide you with the resources and support you need. Come share your thoughts, learn from others, and hear about upcoming 2025 resources.

New mayors and those unfamiliar with MWC town halls are strongly encouraged to attend, no matter the present state of your MWC programming. Your participation can make a difference.

[Find your County and Register Here](#)



**Discover** which New Jersey towns earned the prestigious Healthy Town designation this year! We are excited to celebrate communities that have made health and wellness a top priority. Check out the list of 2024 Healthy Towns and learn more about their inspiring initiatives.

[2024 Healthy Town Press Release](#)

## [Get Connected with other MWCs with the MWC Community Hub](#)

Join our Basecamp, the *MWC Community Hub*. This platform offers your MWC the opportunity to connect with other MWC towns, share best practices, address challenges and access resources and funding opportunities. To learn more, watch our **January webinar** and **sign up for the hub today**.

[Community Hub Webinar](#)[Sign up for the Hub](#)

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## [Join us for our upcoming COYL Partner Meeting: Honoring NHDD with a Discussion on MAiD](#)

Join us virtually on **April 3, 2025, at 12:00 PM** for our **Conversation of Your Life (COYL) Partner Meeting**, held in honor of **National Healthcare Decisions Day (NHDD)**. This session will explore the importance of advance care planning, including sharing your health care wishes, designating a health care proxy, and understanding **Medical Aid in Dying (MAiD)** as part of end-of-life decision-making. Featuring **Elizabeth Stanton, MSN/Ed**, from Compassionate Endings NJ. Featuring **Elizabeth Stanton, MSN/Ed**, from Compassionate Endings NJ. **Be sure to share this event with your residents!**

[Register Here](#)

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## [Register Now for Mental Health First Aid Training](#)

With support from **The Horizon Foundation for New Jersey**, we continue to provide free Mental Health First Aid trainings (MHFA) to people who work with youth and adults in the community. This training may be especially valuable to law enforcement, school employees, municipal employees, and those serving the public. Our next training is on April 17, 2025. To see more dates, click the registration link below. For more information, reach out to Katie Bisaha at [KBisaha@njhcqi.org](mailto:KBisaha@njhcqi.org).

[Register: Adult MHFA Training](#)

## **MWC Event Highlights: Check out what Communities are doing across NJ**



Deerfield Township brought ice skating to their community for family fun, exercise and social connection.



Bass River Township's MWC participated in National Wear Red Day supporting women's cardiovascular health.



Asbury Park conducted a Walk and Roll to School to encourage physical exercise amongst youth and families.



As part of their MWC Annual Kick off event, Roselle opened a new Fitness Court for residents to utilize.



Hanover hosted their annual Masquerade at Malapardis Halloween event. MWC MVP and Superintendent of Schools Justin Toomey handed out treats to the residents.



## COMMUNITY RESOURCES

### [Apply for the PB Seeds Summer 2025 Cohort: Bring Participatory Budgeting to Your Town & Share with Residents](#)

**Participatory budgeting (PB)** is a powerful tool for community engagement, allowing residents to have a direct say in how public funds are spent. Encourage your community to take part and share this opportunity with residents interested in grassroots decision-making. On **March 27, 2025, at 4:00 PM**, join the **PB Seeds Learning Cohort** to learn how PB is being implemented in Freehold, NJ, and Durham, NC, hear experiences from past cohort members, and get details on how to apply for the upcoming summer cohort.



[Register Here](#)

### [May is Mental Health Month: Take Action with the 2025 Planning Guide](#)

Prepare for Mental Health Month with Mental Health America's 2025 Planning Guide, packed with innovative ideas and resources to transform mental health awareness into action. From community art projects to wellness challenges, this guide has everything you need to make an impact. [Access the Guide](#)



## [Attend 'Dual-Diagnosis: A Vision for Better Mental Health Care for the IDD Population'](#)

Join the virtual event “Dual-Diagnosis: A Vision for Better Mental Health Care for the IDD Population” on May 14, 2025, from 10:00 am to 11:30 am. Engage in discussions on developing better mental health care services for the IDD community. [Register Here](#)



## [Leverage the New Jersey Disability Information Hub \(DIH\) for Inclusive Community Support](#)

Access the NJ Disability Information Hub for a comprehensive set of resources tailored to support individuals with disabilities and their families. The hub offers guidance on healthcare, education, employment, and community services. You can explore the Hub and its offerings by visiting <https://www.nj.gov/disabilities>.



## [Organize a Park Rx Day: Promote Wellness Through Nature](#)

Host a Park Rx Day in your town to encourage residents to connect with nature for mental and physical health benefits. Utilize local parks and green spaces to create guided walks, mindfulness activities, and family-friendly outdoor events. [Learn More](#)



## [Support Families Through Your Local Family Success Centers](#)

Family Success Centers (FSCs) are neighborhood “one-stop” shops that provide wrap-around resources, referrals and supports to ensure family safety, stability, and success. The FSCs also offer a variety of child and family programs that are educational, family-strengthening, and fun too! Residents are able to access services at any of the 57 Family Success Centers in communities throughout the state – all for free! To learn more about the services available to your residents visit: [DCF | Family Success Centers](#)

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## [Launch a NJ Kids in Nature Adventure Challenge](#)

Engage families in a fun and educational adventure challenge using the NJ Kids in Nature resources. Create a scavenger hunt, host guided nature walks, or partner with schools to integrate outdoor learning opportunities. [Explore More](#)

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### FUNDING OPPORTUNITIES

## [Bring Teen MHFA to Your Town: Partner with the Mental Health Association of NJ](#)

Interested in bringing Teen Mental Health First Aid (MHFA) training to your community? Partner with the Mental Health Association of NJ to equip young people with skills to support their mental health and that of their peers. If you are interested, please contact Ruth Kaluski at [rkaluski@mhanj.org](mailto:rkaluski@mhanj.org)

[Learn More](#)

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## [Apply for the Impact 100 South Jersey Grant: Fund Community Health and Wellness Projects](#)

Apply for the Impact 100 South Jersey Community Heroes Grant to support impactful local initiatives. Grants are available for nonprofits that demonstrate meaningful contributions to health, wellness, and community development. Submit your application by **May 15, 2025**.

[Apply Now](#)

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## [Support Food Security Initiatives with the Feed NJ Grant](#)

Support food security initiatives in your community with the Feed NJ Grant. This opportunity offers funding for programs that provide meals to those in need, promoting nutrition and health equity. Applications are due **April 30, 2025**.

[Apply Now](#)

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## [Strengthen your Initiatives with a Grant from the Community Fund for NJ](#)

The Community Fund for New Jersey is offering several grant opportunities to support a wide range of community-focused initiatives. Enhance your MWC programs with potential funding through these versatile grants.

[Explore Opportunities](#)

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More Information:

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Become a Member: Virginia Tesser - [vtesser@njhcqi.org](mailto:vtesser@njhcqi.org).

To learn more about our current initiatives, please visit our website at [www.njhcqi.org](http://www.njhcqi.org).

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