LET'S CATCH UP: SUMMER 2026



Parenting. Mental health. Community. You don't have to figure it out alone.

Thank you to everyone who participated in our May **Good Days, Built Together** Mental Health Awareness Month activities. Together, we created spaces for families to learn, connect, and feel supported.

We hope this start-of-summer email brings you relevant parenting and mental health resources to explore when you have a few minutes. Here at CATCH, we slow down a bit during the summer. Enjoy time with family and friends, and we'll see you back here in August!

Scroll to be in the know

- Access resources from our educational program, From Manager to Mentor
- See highlights from May Mental Health Awareness Month
- Read real stories of reset, support, and strength
- Find parent support resources for the summer

THANK YOU FOR SHOWING UP | MENTAL HEALTH PROGRAMMING

A huge **CATCH** shout-out to everyone who attended our Lunch and Learn, cheered on the GBN Boys LAX teams, explored community organizations at the Mental Health Resource Fair, or ran, jumped, and played at the park over this past month.









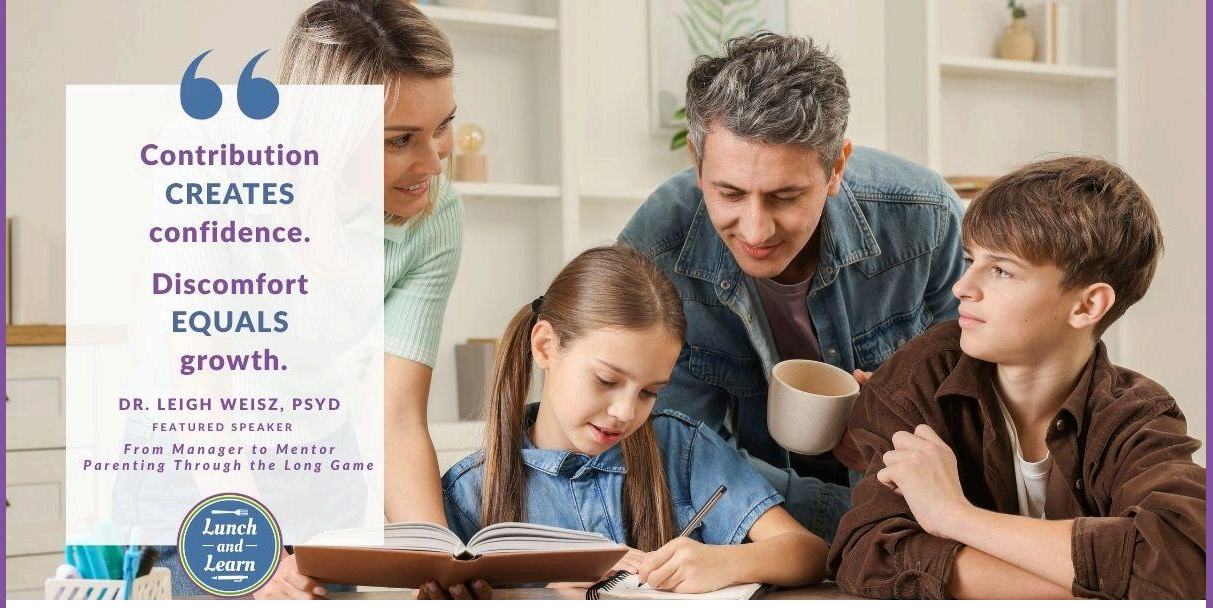




CATCH received more than 60 scholarship essays from GBN seniors this year. Congratulations to Katie Chang, Seoyun (Amber) Hwang, Ethan Lee, and Ben Sabin for earning CATCH Mental Health Awareness Scholarships and for their commitment to mental health awareness in our community.

EDUCATIONAL PROGRAMS

Event Recap: Read, Watch, and Learn Key Takeaways



In our May Lunch and Learn, From Manager to Mentor: Parenting Through the Long Game, Dr. Leigh Weisz, PsyD, offered practical, research-informed guidance on raising resilient, capable kids with compassion and perspective.



[Read the Summary]



[Explore Clips]



[Watch the Replay]

Want to **CATCH** up this summer on our other educational programs from the school year?



[Access Amy O.'s Resources]



[Read, Explore, & Watch]

CATCH's educational series is supported in part by a grant from the Northbrook Woman's Club, helping us bring mental wellness education directly to our community.

REAL STORIES | REAL STRUGGLES | REAL STRENGTH

Learning to Listen, Learning to Heal

A recent high school graduate shares how family conflict, therapy, peer mentoring, and honest conversations helped her understand the importance of mental health. Through



her story, she reminds us that healing is not always one big turning point. Often, it is built through small, steady moments of listening, empathy, and showing up for one another.

Read In Real Life: Learning to Listen, Learning to Heal

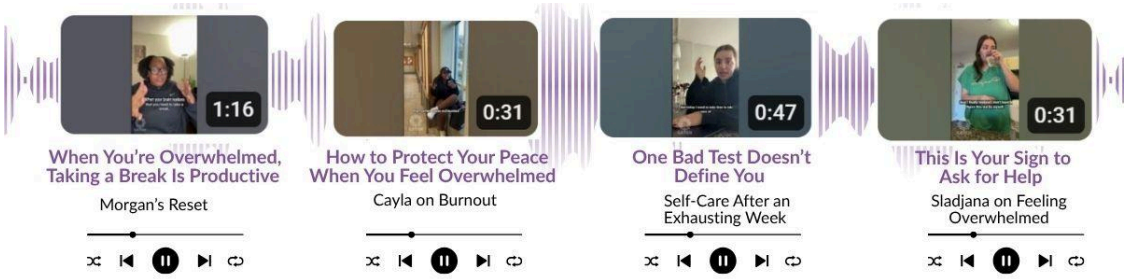
Finding Strength Through Struggle



In this moving In Real Life post, a recent high school graduate reflects on living through an eating disorder and OCD, and how treatment, friendship, therapy, and community helped her rediscover hope and purpose. Her story is a powerful reminder that struggle can feel isolating, but healing often begins when we are surrounded by people who help us keep going.

Read In Real Life: Finding Strength Through Struggle

Built Together | Real Stories of Reset and Support



Re-watch this video series from Loyola University Chicago students who share personal mental health reflections and practical reset tips. *Because built together we can share real stories of reset and support. You are seen. You matter.*

Missed any of our In Real Life posts this school year? Click an image to read the blog.











CATCHISCOMMUNITY.ORG | YOUR RESOURCE HUB

Let's Talk | One-on-One Support for Parents

Are your child's mental health struggles affecting you and your family? Are you wondering where to start?

Reach out and a **CATCH** volunteer will schedule a time to talk, meet for coffee, or take a walk. It's a chance to share what's going on and learn how **CATCH** can support you.

Let's Talk

Looking for Professional Support?



CATCH is here to help you find a mental health provider.

Browse our provider list or send a confidential email to **CATCH,** and we will share names of trusted practices that may meet your needs.

Find Help

GIVE HOPE TODAY



Your support helps **CATCH** continue our mission to make it okay to not be okay. Ninety cents of every dollar donated helps **CATCH** support local families to prioritize mental wellness so every child feels seen, supported, and safe.

Donate Now

Many employers offer matching gift programs, doubling the impact of your donation. Check with your company to see if they'll match your gift!



Read our 2025 Impact Report.

STAY CONNECTED WITH CATCH

Follow CATCH for more programs, resources, and community support:

FACEBOOK **INSTAGRAM** **BLUESKY** **YOUTUBE**

Explore more at **catchiscommunity.org**. Join our **email list**, **volunteer**, or **support** our work anytime.

***CATCH** is dedicated to making a difference in our community.*

CATCH is Community | PO Box 62 | Northbrook, IL 60062 US

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