



You, yourself, as much as anybody in the entire universe, deserve your love and affection." — Buddha

May was Mental Health Awareness Month. Mental health is an essential part of our overall health and well-being. 1 in 5 individuals will suffer from a mental illness in their lifetimes. This means that if you are suffering from mental illness, you are not alone.

More and more people are starting to recognize that seeking help for their depression, anxiety or trauma is not a sign of weakness, but one of strength. Finding a licensed therapist is the most effective way to set you on the path to better emotional and mental health.

For more information, we've listed some mental health resources and tips on our [Facebook page](#).

As the weather starts to warm up, and our friends and family become vaccinated, many are looking forward to connecting with loved ones they have been isolated from. Reforming those relationships and support networks will be a big step to improving mental health for many.

A great way to boost your mental health and reconnect is to enjoy the great outdoors with your friends. In that vein, we look forward to seeing you at our first in-person event - June 9th! See info below for more details.

Upcoming BWN Virtual Events

You are invited to [join us](#).
Registration is required for each event.
Click on each section below to register.
Become a member and attend our member-only events.

6/09 • [Coffee Meetup](#)



Host • [BWN Board](#) • [Board Members](#)

6/19 • [Virtual Luncheon](#)

Everyone Welcome; Registration Required; \$5 Fee



Featured Speakers • [Our Six 2021 Scholarship Recipients](#)

6/23 • [Virtual Happy Hour](#)



Host • [Claire Ramirez-Schene](#) • [EMAIL CLAIRE](#)

7/28 • [The next BWN Member Orientation](#)



A Reminder ...



Nonprofit of the Month

[For 3 Sisters](#)

Through their many programs, For 3 Sisters is a resource to patients and caregivers of families going through breast cancer. F3S goes above and beyond to support the entire family through difficult times and to create awareness as part of the Power of ONE initiative.

Requesting: Support through their [Virtual Pink Ribbon Romp](#) all of June! Team BWN!

[CONSIDER SUPPORTING THEM](#)

Welcome!

New Member

[Anja Dunphy](#) • [EMAIL](#)

[Leaf Mental Health](#)

Notice & Invitation

The [BWN Facebook](#) and [LinkedIn](#) pages are public but the [BWN Facebook Group page](#) is open only to current BWN members.

If you are not a current member and would like to be, we'd love to have you join us!

[JOIN OR RENEW](#)

About BWN

BWN is a Community
Where Business Women Grow Together

Business Women's Network believes women are more successful when they are in community with other women. Our mission is to provide opportunities for motivated, professional women to provide one another, so that together we can grow our business and our leadership skills. What sets us apart from our other networking organizations is our warm and welcoming energy and our commitment to making genuine connections.

[JOIN BWN](#)

This message has been sent to you by [BWN of Howard County](#). If you no longer want to receive these newsletters, you can [unsubscribe](#) at any time.

[VISIT BWN WEBSITE](#)

