



# HILLCREST

## NEWSLETTER

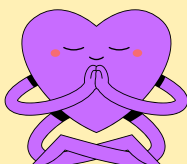
3rd Week of February | 2025

School-Based

### Mental Health Tips

The Black community has endured distinct challenges and trauma, requiring immense strength and resilience to navigate. The impact of these stressors is undeniable. Self-care practices, such as mindfulness, provide a powerful tool to help address and cope with them. Here are some ways to practice:

- ✓ Guided meditation- Quiet distractions and focus on the present to foster awareness and mindfulness.
- ✓ Mindful stretching- Combine slow movements with breath to relieve tension and promote well-being.
- ✓ Grounding techniques- Redirect focus to manage anxiety and emotions through activities like meditation and visualization.
- ✓ Urge surfing- Acknowledge and ride out urges to build resilience and self-control.
- ✓ Watching your thoughts- Observe thoughts without attachment to gain insight and promote intentional thinking.
- ✓ Body scan- Increase awareness of sensations and emotions to relax and reduce stress.



for more information: [www.goodrx.com](http://www.goodrx.com)

### This Week in the DMV



- 02/17- NSO: In Your Neighborhood- Raymond Recreation Center- **7pm**
- 02/18- Summer Youth Employment Sign Up Program- Northwest One Library- **3:30-5pm**
- 02/20- Bellevue's Black History Month Film Series for Kids- Bellevue Library- **4-5:45pm**



- 02/20- Honoring Black Chocolate Makers: DC Chocolate Society Feb Chocolate Tasting- 1904 18th St. NW- **7-9pm**
- 02/22- The World & Me: Ocean Clean-up Crew with Special Guest Susan Stockdale- Natural History Museum- **10am-12:30pm**



- 02/22- Open Studio: Show Your True Colors- Hirshhorn Museum- **10am-2pm**
- 02/22- Lil' Flockers Brunch & Dance Party- 1401 Okie St. NE Ste. 101- **11:30am-2pm**
- 02/22- Colors of Freedom: Painting on Canvas- Anacostia Community Museum- **12-2pm**



- 02/23- Family Funday: Story Time with Black Children's Book Authors + Facepainting- 640 Rhode Island Ave NE- **12pm (register)**



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3029 MLK Ave SE



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### Black Leaders & Trailblazers

February is Black History Month! These Black leaders and changemakers have made significant contributions to social justice, racial equity, and community empowerment across diverse fields



Amanda Gorman:  
Youngest  
inaugural poet in  
U.S. history

Sydney Barber: U.S.  
Naval Academy's 1st  
Black female brigade  
commander



Justice Ketanji  
Brown Jackson:  
First Black woman  
on the U.S.  
Supreme  
Court

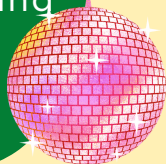


Rosalind Brewer:  
Walgreens' next CEO  
and only Black woman  
to currently lead a  
Fortune 500 firm

Victor J. Glover: 1st  
Black astronaut to  
live and work at the  
International Space  
Station for an  
extended stay



RuPaul: a trailblazer in  
the world of drag and  
entertainment



Nicholas  
Johnson:  
Princeton's 1st  
Black  
valedictorian



Reverend Dr.  
Raphael  
Warnock: 1st  
Black senator  
from Georgia

Lewis Hamilton:  
British racing driver  
widely regarded as  
one of the greatest  
Formula 1 (F1) drivers  
of all time.



Dr. Kizzmekia S.  
Corbett: lead  
scientist on the team  
that developed the  
Moderna Covid-19  
vaccine

Shama Yisrael: 1st  
African-American  
woman to achieve the  
title of National Master

