



**FOR IMMEDIATE RELEASE**

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**RESOURCE CENTER BRINGS FOCUS TO MENTAL HEALTH RESOURCES IN SW  
GAINESVILLE**

**GAINESVILLE, FLA** – With the support of the Alachua County Board of County Commissioners, the SWAG Family Resource Center (SWAG FRC) is working to strengthen the mental health services and resources available to children and their caregivers in southwest Gainesville. The Resource Center's enhanced focus on mental health will include a series of programs and workshops that are available at no cost to the community thanks to a \$25,000 grant from the Alachua County Board of County Commissioners.

The mental health programming will build upon currently existing services at the SWAG Family Resource Center. Programs that will be available include:

- **Why Try?:** A resilience education program geared toward elementary-aged children who currently participate in SWAG FRC's after school programming.
- **Youth Mental Health First Aid:** A course that will teach caregivers and adults the basic skills needed to respond to youth who may be experiencing a mental health or addictions challenge.
- **Ending the Silence:** A presentation that will help youth understand the challenges and perceptions that surround certain mental health conditions.
- **Question. Persuade. Refer.:** This suicide prevention program offers sessions geared toward both youth and adults that will help participants identify and react to signs of crisis.

The series of mental health programs and resources will kick-off on September 29 with the "Mind Your Health" Wellness Fair at the SWAG Family Resource Center. The event will take place from 5:00 – 7:00 p.m. and will feature information and resources from 13 mental health providers and advocates in the community.

"Our Resource Centers are consistently seeking ways to improve the services and resources available in Gainesville. It is our hope that this series of programs will continue an important conversation in southwest Gainesville and beyond," stated Stephen Pennypacker, president/CEO of Partnership for Strong Families, the operating partner of the Resource Center. "With the enhanced focus on childhood resiliency, mental health and behavioral well-being, we are able to meet a growing need in this community, and we are grateful to the Alachua County Board of County Commissioners for making these services possible."

To learn more about Partnership for Strong Families or their Resource Center Model, please visit [www.pfsf.org](http://www.pfsf.org).

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**About Partnership for Strong Families:**

Partnership for Strong Families (PSF) is contracted by the Florida Department of Children and Families to deliver comprehensive child welfare services to children who are victims of abuse and neglect. PSF also works with at-risk families to prevent child abuse and to decrease the risk of children entering the foster care system. PSF serves more than 5,000 children in 13 counties annually.