

## NEWSLETTER JANUARY 2017

### Ma'am's letter

Greetings to all our well-wishers and your families!

Caring Minds is going from strength to strength. This quarter we had a foot fall of over a thousand clients at the clinic and we hosted our first international workshop. The new batch of Basic Counselling course has begun in Akademia and the students are on their way to join the ranks of qualified mental health professionals.

Since we are now catering to the mental healthcare needs of Kolkata for almost four years now, we wanted to go a step further and use the data that we have gathered to create meaningful research papers. Already we have produced a couple of research papers due for publication soon on Attention Deficit Hyperactivity Disorder.

As always, we continue to spread our message of mental health awareness and keep up the fight against stigma!

### RECENT EVENTS

- The '**I can fly fashion show**' was a resounding success. It was well attended by all the parents of our special needs young adults and the well-wishers of Caring Minds and ICF. The students performed songs and dances and the highlight was the fashion show where Minu Budhia walked the ramp with her husband and two daughters.
- Two consecutive **Principal's meets** were arranged at Caring Minds where the head masters and mistresses of at many eminent schools and kindergartens of the city were in attendance. The topic was **Behavioural Issues in Children** and a panel comprising of psychiatrist, psychologists and counsellors from our team answered questions from the attendees.
- We have been out there propagating the mental health and wellness message and have put up **stalls** to interact with people at South City International School on their Sports Day, Heritage School fete, Anderson Club Quiz, US Consulate Health Fair, National Library and many more venues around the city. Our founder director Minu Budhia delivered

speeches about **mental health awareness** at the Sunflower Festival and the annual event of Sushila Birla School too.

- I Can Fly our vocational unit is going from strength to strength. We had our first-ever **crafts exhibition** at Cherry Orchard event at the Taj and the products made by our special needs students were a sell-out. We were also invited to Canvas event at Café 4/1 to showcase our products and spreading mental health awareness.
- A few eminent visitors from the United States visited Caring Minds and I can Fly recently, an interesting chat was had over the course of an afternoon about pioneering mental healthcare initiatives in America.

### ANNOUNCEMENTS

- We are proud to have begun a new initiative called **Add my Bin** multiple locations around the city. Helping out the rag-pickers to keep the city clean, doing our bit for the environment while promoting mental wellness is the motto.

### WORKSHOPS

- A workshop on **Modern Parenting** at **Kidzee Jodhpur Park** branch was held for the parents of the tiny tots. There was live interaction and myth-busting about toddler issues.
- An informative workshop on **Issues in Adolescence/Teenage** was held at **Kasba Jagadish Vidyapith for Girls School**. The teachers had many questions for our psychologists and it was a lively interaction.
- The first ever international workshop on **Fairy Tale Test** in Kolkata was held at Caring Minds conducted by Dr. Carina Coulacoglou, the creator of the test, herself. The workshop was attended by clinical psychologists from various parts of the city and our in-house members too.

### Preeyam's letter

Milestones were reached this quarter with our first ever fashion show for the students of I Can Fly. It was an emotional moment for the parents who saw their children being applauded and appreciated on stage for the first time.

Proud to announce that we had our first order for ICF products on ShopClues.com and look forward to many more. ICF is now also open to accepting Data Entry jobs from offices/retail outlets/businesses which our trained special needs students will perform.

Caring Minds is spreading the word about mental health with our attempts at holding workshops, talks, panel discussions every month. Do visit our FB page <https://www.facebook.com/caringmindsindia/?fref=ts> for updates.

As well-wishers of CM, do let us know if you have any queries, doubts and suggestions on [info@carimginds.co.in](mailto:info@carimginds.co.in)