

NEWSLETTER OCTOBER 2016

Ma'am's letter

Festive greetings to everyone!

I am happy to announce that I Can Flyy (ICF) is now on-the-move to a whole new five-storeyed building beside Maddox Square. Our special needs young adults will now have additional amenities like a mini gym, the ICF café, a fully functional Laundromat operated by our students and a state-of-the-art packaging department for the nutritious and tasty snacks being made.

In other news, in the last quarter our clinical wing has been joined by some eminent new psychiatrists who bring with them years of expertise and are renowned in the mental health sphere. We look forward to a long and fruitful association with them both.

Another milestone for us was that we conducted in-house examinations for the **first batch** of Basic Counselling course under the teaching wing **Akademia**. Our students are awaiting their results and it will be indeed a proud moment when they graduate...giving the city a few more mental health care professionals.

We continue to spread our message of mental health awareness and keep up the fight against stigma!

RECENT EVENTS

- Caring Minds was present at **Startup East 2016**, a whole-day conference at ITC Sonar, where young entrepreneurs with winning ideas rubbed shoulders with angel investors and venture capitalists. Our stall garnered a lot of interest and positive feedback from the participants.
- As part of a **Young Indians** initiative, **5 students** from **Bhawanipur Gujarati Education Society College** are being **mentored** by Preeyam Budhia. On a weekday afternoon they were given a tour of the CM and I can flyy facilities and given a short presentation on Power Dressing and on a later date on Effective Communication and Conflict Management.
- Caring Minds has been taking **mental health awareness** to a whole new level by making our presence felt by stalls in events across the city. We were present at Sutanati Parishad festival, Gokhale Memorial Girls' college, Swarnim International School, Tollygunge Club, Nandan etc.

- A meet-and-greet event for **eminent psychiatrists** of the city was organized at Caring Minds as we played host to specialists who were introduced to our services and given a tour of the facility.
- A well-attended **press meet** was organized in **Guwahati** where prominent school principals were also invited. Minu Budhia, our founder director addressed the audience about realizing the need for mental healthcare service-providers like Caring Minds in the north-east.
- Preeyam Budhia spoke about her journey with Caring Minds and the stigma against mental health at the **HeadStart Startup Saturday** event at the Nasscomm startup warehouse.
- I Can Fly was present at **India Story at Swabhumi** and Young FICCI Ladies Organisation **Startup Tank** event with our delicious offerings

ANNOUNCEMENTS

We are excited to announce our brand new website which is more interactive and inviting than ever before. It boasts an integrated blog feature where you can now read a host of scintillating articles on various topics written by our very own counsellors and psychologists. Don't forget to check us out on:

www.caringminds.co.in

Caring Minds is participating in the **World Startup Expo** in **Bangalore** in November. Do stop by to say hi at our stall if you are there!

WORKSHOPS

- A workshop on **College Stress** was organized at Bhawanipur College auditorium for the students. It was well attended by 250+ students who asked various questions and some stepped up to our facilitators for a one-on-one interaction too.

Preeyam's letter

I am happy to share with you that our psychologists and psychiatrists from the clinical wing are taking awareness to a whole new level with special day observances (like: World Mental Health Day, International Day of the Girl Child etc.) thanks to our **MindSpeak** webcasts on our Facebook page. Don't forget to watch, like and post your comments at:

https://www.facebook.com/pg/caringmindsindia/videos/?ref=page_internal

We are extending our geriatric services and tying up with two new partners in the city, Deep Proben Porisheba and Support Elders, both of whom provide exclusive services for the elderly. Psychotherapy services from Caring Minds for

issues like dementia and Alzheimer's disease will be available for clients of our partners.

Ticket Master and **ABP Club Solitaire** members can now use their cards or discount vouchers to avail of exciting discounts on ICF products. **Tickto** is also a valued customer now. In the pipeline are tie-ups with **Swiggy**, **Sodexo** and **I Little**. Don't forget to support us by dropping in or writing a review on **Zomato**: <https://www.zomato.com/kolkata/i-can-fly-paddapukur>

As well-wishers of CM, do let us know if you have any queries, doubts and suggestions on info@caringminds.co.in