

Dear Friends and Neighbors:

We did it! Acton-Boxborough United Way (AB United Way) is proud to announce our investment in the immediate and long-term mental health of our teens. We recently granted \$55,000 from the AB United Way Healthy Teen Initiative to three community-wide programs that will make a difference in the mental health of our youth.



Acton-Boxborough
United Way

AB United Way energizes the caring power of the community by raising critical funds and creating programs that support residents at every stage of their lives. From the housebound senior to the teen suffering from debilitating depression, we are there. **When you make a gift to AB United Way, you directly help your community thrive.** Connected and united; together, we make a difference.

You are our best partner. **Please support us today - [Donate Now](#).**

With thanks,

Rachel Sagan, AB United Way Executive Director
Jen Stone, AB United Way President

Your Dollars At Work



\$1260 - full summer camp scholarship for child in need

\$250 - a warm meal at Community Supper for 70 guests

\$100 - a home visit for a struggling new mother

\$25 - round-trip transportation in a wheelchair-accessible van for a senior



Upcoming Events

Acton-Boxborough United Way Announces

The Healthy Teen Initiative Grants

AB United Way announces the Healthy Teen Initiative Grants, totaling \$55,000, supporting the mental health and well-being of our youth. Thanks to the generosity of the community, AB United Way exceeded the \$25,000 matching gift for teen mental health.

AB United Way created the Healthy Teen Initiative (HTI) in direct response to our 2015 Community Needs Assessment. The program's goal is to positively impact our community's teen mental health, the most often cited concern of residents and a top priority identified by service providers in the Community Needs Assessment.

AB United Way awarded three Healthy Teen Initiative grants for programs that address the mental health needs of Acton and Boxborough teens. AB United Way is proud to announce our investment in the immediate and long-term mental health of our teens. The Healthy Teen Initiative grants will support:

- 1) A community-wide suicide prevention program that teaches the warning signs of suicide and an effective emergency response. The program, entitled

QPR, consists of three life-saving skills: how to Question, Persuade and Refer a person who may be considering suicide. Eliot Community Human Services will train the many community members and professionals who are in a position to recognize a crisis.

- 2) A program to support the development of coping and resiliency skills for 4th, 5th and 6th graders at AB Community Education Extended Day program.

- 3) **AB Wellness Initiative: Because You Matter**, a collaborative program with the AB Regional High School as the lead agency partnering with high school student leaders, Danny's Place Youth Services and Metrowest Behavioral Center. This year-long program will positively impact teen mental health by creating a community discussion around



"Be A Good Cookie"

Enjoy a pastry chef demonstration and hands-on cookie decorating.

Wednesday, June 7
7 PM

Bisousweet Confections
2 Shaker Road, E104
Shirley, MA

Register Now!

Annual Meeting

Tuesday, June 13
7 - 8:30 pm

Celebrate the community spirit, announce the Volunteer of the Year Award and welcome the new Board of Directors

Casino Royale

November 11, 2017

Save the date for a fun night with friends and neighbors at AB United Way's annual fundraising party of the year.

positive mental health, increasing the dialogue among students within school, and ensuring our teens have increased access to mental resources.

AB United Way is extremely proud of this opportunity to bring effective, innovative and collaborative programs to support our teens' mental health.

