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**April 2021**

1623 Rhode Island Street, Sturgeon Bay, WI 54235

[www.lakeshorecap.org](http://www.lakeshorecap.org) ⚫ 920.818.0525

# Happening at JAK’s

 **APRIL** — Spring is well on its way . . . so gardening fun is about to take place. Join us to paint a rock for the Memorial Garden, help us weed the Veggie Garden, or donate a vegetable or herb plant!

**MAY** — Mental Health Month. We will celebrate each week. Participate in one of our many groups and toss your name in the jar to be the lucky receiver of a door prize!

** JUNE** — JAK’s Summer Kick Off Party. It’s Tie-Dye time!!!

JAK’s Place is a mental health resource center that provides structured and social resources to those affected by mental illness in our community and their families. Our doors are open for group participation Monday - Friday from 1 PM-5 PM. Join Us!

**A Program of Lakeshore CAP**



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# Please Donate!

Your contributions are greatly appreciated. If you wish to donate, visit:

[***give.classy.org/JAKsplace2021***](file:///%5C%5CFS5%5CSHARED%5CJAK%27s%20Place%5CJAK%27s%20Newsletters%5CSecond%20Quarter.docx)

OR make checks payable to “JAK’s Place” and mail to:

JAK’s Place, a Program of Lakeshore CAP *(See address above)*

# Quote

*“Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn’t make any sense. Whether an illness affects your heart, your arm or your brain, it’s still an illness, and there shouldn’t be any distinction . . . We should make it clear that getting help isn’t a sign of weakness -- it’s a sign of strength -- and we should ensure that people can get the treatment they need.”*

**—** *Michelle Obama*

From: 15 Celebrities Speak out With These Mental Health Quotes

<https://divethru.com/celebrities-and-mental-health>

**2021 Quarterly Newsletter Vol 1 ⚫ Issue 2**

# Save the Date!

## September 28

JAK’s Place Spaghetti Dinner Fundraiser!



