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National Charity League event focuses on philanthropy and mental health

Submitted by Laura Dillard & Cheryl Bjornson



The Acalanes Area and Lamorinda Chapters of the National Charity League hold first ever joint meeting. Photo Ann Murphy Photography

the Ticktocker Day event they sorted the clothes to help prepare for the next FreeStyle boutique opening. The experience of choosing new clothes at the boutique can be life changing. Somerville shared a story of a young woman who was excited to go to school again because of the confidence and joy these new outfits gave her.

The second speaker was Lauren Cook, author of "The Sunny Side Up" and "Name Your Story." Lauren is a marriage and family therapist who is passionate about destigmatizing mental health concerns and adopting healthy approaches to lifelong psychological wellness. Lauren asked many questions of the Ticktockers and brave seventh-grader Emmie Cimperman actually kicked off the open conversation. A lively and meaningful discussion among the entire group followed. The Ticktockers learned that over 25 percent of us experience mental health conditions and that seeking and offering help is a sign of strength that we all need to encourage. The Acalanes Area and Lamorinda NCL Chapters look forward to more joint events in the future. For information, visit nationalcharityleague.org, <https://gratefulgatherings.org/> or <https://thesunnygirl.wordpress.com/about/>.

Reach the reporter at: info@lamorindaweekly.com

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