

HEALTH NEWS

The Caregiver Support Group welcomes those who are caring for a loved one who is seriously ill or elderly. The group will meet the first and third Wednesday of each month from 2-3:30 p.m. beginning Oct. 7. Contact Jessica.Eastham@hopehcs.org or call 239-415-7219.

The Loss of Parent group addresses one of the most universal experiences of bereavement: the loss of a mother, father or grandparent. The group will meet the second and fourth Tuesday of each month from 6-7:30 p.m. starting Oct. 13. Contact Janetta.Mullins@hopehcs.org or call 239-333-4245.

The Perinatal Loss Group is open to women who have experienced miscarriage, ectopic pregnancy, stillbirth or failed attempts with reproductive technology. The group will meet the second and fourth Monday of each month from 6-7:30 p.m. beginning Oct. 12. Contact Lorrie.McCann@hopehcs.org or call 239-985-7716.

Groups do not meet on major holidays, and schedules are subject to change.

Visit HopeHCS.org/counseling for more information about Hope's support groups, including grief support for teens and children, and for adults who have experienced the loss of a child, the suicide of a loved one, or the loss of a pet. Hope also offers an LGBTQ group, crisis support for community schools and businesses, and Spanish language group.

Hope Healthcare, which includes Hope Hospice and Hope Kids Care programs, is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 239-482-4673 or visit HopeHCS.org.

Harlacher joins Physicians' Primary Care of Southwest Florida

Dr. Ryan Harlacher has joined Physicians' Primary Care of Southwest Florida as a family medicine physician.

Harlacher earned his medical degree from AUA College of Medicine in Antigua. He served his residency in family medicine at Louisiana State University in Shreveport.

Harlacher is board-certified in family medicine and is a member of the American College of Physicians and the American Academy of Family Physicians. He will see patients at the Fort Myers family medicine office of Physicians' Primary Care at 7381 College Parkway, phone 239-482-1010.

Physicians' Primary Care of Southwest Florida, a physician-owned and operated medical practice, was formed in 1996 by many local physicians and has grown to become the largest physician-owned primary care prac-

tice in Southwest Florida. Medical specialties include family practice, internal medicine and pediatrics. Offices are conveniently located throughout Lee County. For more information, visit www.ppcswfl.com.

Community partners launch Healthy Minds initiative

The mental and emotional effects of COVID-19 are impacting well-being in significant ways amid the pandemic, with 40% of U.S. adults reporting symptoms of anxiety or depression, in addition to increases in substance use and thoughts of suicide. To address this urgent and increased need for support on a local level, 17 behavioral health organizations across Lee and Collier counties have partnered to launch a new community initiative, called Healthy Minds.

Beginning this week, Healthy Minds is offering educational events and complimentary screenings across Lee and Collier counties, providing accessible, convenient tips and resources at no cost for adults who are experiencing new or increased feelings of anxiety, depression, stress, substance use and more. From financial strain due to changes in employment to the demand of juggling jobs while homeschooling young children, many are feeling more isolated and less in control of their lives. For those who are overwhelmed or struggling, seeking help now can address concerns before they become crises.

Healthy Minds events will be held at select dates and locations over the next several months, offering valuable resources, tools, techniques and screenings geared to help others gain resilience and overcome adversity.

No advance registration is necessary. Those interested in resources or a free screening can simply show up to the venue at the designated date and time and speak to an expert who will then help link individuals with local service providers and share information about the community resources available. A Healthy Minds Resilience Toolkit, which offers additional tips for navigating life's twists and turns, will be handed out to all guests at the events. The toolkits are also available for download at HealthyLee.com/HealthyMinds.

Dedicated to offering community resources for resilience, support and well-being, the Healthy Minds initiative is pioneered by several community organizations including members of the Healthy Lee Behavioral Health Coalition, which includes David Lawrence Center, Elite DNA Therapy Services, Florida Gulf Coast University, Hazelden Betty Ford Foundation, Healthcare Network, Healthy Lee, Lee County Coalition for a Drug-Free