



FIT QUARTERLY NEWSLETTER  
JANUARY 2024

HAPPY NEW YEAR!

My name is Lisa Bratton, I am the Families on Transition Program manager and McKinney-Vento Liaison at Charlotte County Public Schools. As we embark on the journey of 2024, let's take a moment to focus on our mental health. By prioritizing mental wellness, we empower ourselves to navigate challenges and provide even more meaningful support to those in need. Consider incorporating simple acts of self-care into your routine such as taking a walk or reading a book.



1

## THE NEED TO KNOW

The Port Charlotte Public Library will be hosting the **2nd Annual Sunlight Mission Health Fair and Cookout** event on **February 23, 2023** from **10:00 am - 1:00 pm**. The event includes:

**FREE**

Free meals and drinks  
Mobile food pantry  
Free health screenings  
Giveaways (clothing, hygiene products, books, and much more)



## ② RESOURCES

### National Disaster Distress Helpline

Call or text 1-800-985-5990

### 988 Suicide & Crisis Lifeline:

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat

[988lifeline.org/](https://988lifeline.org/)

### Crisis Text Line

Text "HELLO" to 741741

Happiness is not about how much you can receive from others; it's about what you can give to others by first giving to yourself.

-G. Boston

## ③ WHO TO CONTACT

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FAMILIES IN TRANSITION PROGRAM MANAGER  
MCKINNEY VENTO & FOSTER CARE LIAISON

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CHARLOTTE COUNTY PUBLIC SCHOOLS



- 🔗 United Way Free Tax Help 941-627-3539
- 🔗 Charlotte County Transit (transportation) 941.575.4000
- 🔗 Charlotte County Human Services (Assistance with bills) 941.833.6500
- 🔗 Virginia B. Andes (no cost clinic)