



HARWICH HELPING HARWICH

The Harwich Fund Awards Over \$16,000 in Grants to Date

Friends of Monomoy Early Childhood Advisory Council \$1,750

More than 100 Monomoy Families received *Family Activity Kits* for a virtual program designed for 3-5-year-olds in Harwich. The children did projects at home which they would ordinarily do in a classroom or daycare setting (prior to COVID-19 restrictions).



The Harwich Children's Fund, \$4,300

Our support of the 2020 Outwear Drive program helped purchase almost 200 coats and boots for Harwich students ages 5-18 in need of winter clothing.



The Children's Center (of Harwich Port), \$535

This grant helped purchase items for the *2020 Playground Equipment* project in support of re-opening the day care center. Due to COVID-19, children are not able to play with the same equipment at the same time. This grant provided multiple sets of the same, easy-to-clean toys so children were safe while working on gross motor skills and having fun on the playground.

Friends of Harwich Council on Aging (COA), \$2,000

The pandemic has increased anxiety and isolation among Harwich residents--especially seniors who face the highest health and mortality risks. This grant supported the development and deployment of The Harwich COA's "Living YOUR Best Life" program, a 10-week, evidence-based course designed to help participants build their resiliency so they can adapt well in the face of adversity, trauma, tragedy, or significant sources of stress.



RecoveryBuild (APG), \$1,250

Monomoy High School (up to 625 students) will benefit from a Three-Speaker series led by Recovery/Build as a free, one-of-a-kind program for teens struggling with substance use and co-current mental health issues. This grant will fund the speaking events which promote exploring the pros and cons of using substances to handle depression, anxiety, and other stressors.

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Behavioral Health Innovators, \$1,500

We awarded a \$1,500 grant to Behavioral Health Innovators to underwrite a one-of-a-kind speaker series for students at Monomoy Regional High School. The program, designed to help students understand and circumvent addiction, teaches them about the teenage brain and the biology of addiction, the problems of self-medication with substances, and ways to avoid substance use.



Harwich Elementary School \$1,500

Fourth grade is the first opportunity for students to learn to play a musical instrument. They can take a free lesson every week during the school day. However, some families have not been able to afford the instrument rental fee which can cost as much as \$300 per year. With help from The Harwich Fund, more students will be able to participate in the program.



Friends of Harwich Youth, \$5,000

The Friends of Harwich Youth received \$5,000 for the Harwich Children's Fund to support its 2021 Outerwear Drive Program. The funds will be used to purchase warm, winter coats and boots for about 100 Harwich students ages 5-18 in need of winter clothing.



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