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**NEWS RELEASE**  
For Immediate Release

**ONE IN FIVE MINDS TEAMS WITH THE YMCA OF GREATER SAN ANTONIO  
TO HOST "STRONG MINDS AND HAPPY HEARTS" -  
A CONVERSATION ON CHILDREN'S MENTAL HEALTH**

***Free event for parents to learn about warning signs and treatment options***

SAN ANTONIO – Clarity Child Guidance Center, a San Antonio-based non-profit organization providing mental health services for children, and One in Five Minds, a Clarity CGC advocacy campaign to encourage mental wellness, joins with the YMCA of Greater San Antonio to present “**Strong Minds and Happy Hearts**” on Saturday, April 6th.

Strong Minds and Happy Hearts was created by Clarity CGC and One in Five Minds to raise awareness for children's mental wellness, educate parents and family members, and encourage them to seek help for their child, if needed. It's a free two and a half hour event that includes table conversations, community resources and breakout sessions led by mental health professionals covering topics like the warning signs of mental illness, how to work with your school and how to find help. The partnership with the YMCA of Greater San Antonio, ensures these important resources are made available for YMCA families.

“Finding where to start is often the most overwhelming step for parents when their child is struggling with mental, emotional or behavioral difficulties,” said Jessica Knudsen, LCSW, President and CEO of Clarity Child Guidance Center, a not-for-profit organization providing mental health care to children ages 3-17. “The Strong Minds and Happy Hearts event will provide parents with information to better understand their child’s challenges and learn ways to support them. We are so thankful for the YMCA of Greater San Antonio and their partnership in presenting this important event. The Y’s mission to respond to our community’s social needs aligns perfectly with our objectives for Strong Minds and Happy Hearts. ”

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Strong Minds and Happy Hearts will be from 8:30 a.m. to 11:00 a.m. on Saturday, April 6, at Oak Hills Church - Journey Fellowship on 16847 IH 35 North, Selma, Texas, 78154. A light breakfast will be served at 8:30 a.m.

One in five children nationwide experience a mental, behavioral or emotional problem. That's 80,000 children in Bexar County alone. Of those, many do not receive treatment. A lack of access to care and inability to pay for treatment are some of the reasons that more than 60 percent of kids don't get the help they need.

More information about the Strong Minds and Happy Hearts event, as well as additional resources on children's mental illness are available online at [www.1in5minds.org](http://www.1in5minds.org).

## ABOUT CLARITY CHILD GUIDANCE CENTER

Clarity Child Guidance Center (CGC) is the only not-for-profit organization in South Texas providing crisis assessment, inpatient, outpatient and day treatment mental health care to children ages 3-17.

Clarity CGC offers the region's largest concentration of child and adolescent psychiatrists, with its onsite affiliation with Southwest Psychiatric Physicians. In addition, the center serves as a teaching hospital for The UT Health San Antonio and Baylor College of Medicine. Clarity CGC's treatment network includes an eight-acre campus in the South Texas Medical Center with a 66-bed hospital and six-bed Crisis Assessment Center, as well as a Clarity Child Guidance Clinic located on the West Side of San Antonio.

Clarity CGC is also committed to removing the stigma often associated with mental illness and has created the One in Five Minds campaign to raise awareness and educate the community, parents, professionals, and leaders about mental illness. Learn more and take the pledge at <https://www.1in5minds.org/>

Clarity CGC is a United Way agency and serves children in need, regardless of their family's ability to pay. Learn more about Clarity CGC at <https://www.claritycgc.org/>

## ABOUT THE YMCA OF GREATER SAN ANTONIO

For 142 years, the YMCA of Greater San Antonio has worked to build a stronger community. With their doors open to all, the Y listens and responds to the community's most critical social needs, ensuring that everyone has the chance to learn, grow and thrive, regardless of age, income, ability, ethnicity or faith.

To learn more, visit <http://www.ymcasatx.org>.

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