



Stay Connected: Mental Health Matters

NORTHBROOK, IL, FEBRUARY 17, 2021 - [CATCH: Community Action Together for Children's Health](#) and the Village of Northbrook are launching a public art display (see attached images) to remind everyone about the important link between caring connections and mental health.

Banners going up around Northbrook feature the message: **Northbrook Cares, Community Together**, complemented by colorful imagery showing people interacting outside the beloved gazebo at the Village Green Park. Did you know connection is one of the key factors in psychological well-being and is even shown to fend off depression and anxiety? In addition to depicting the power of connection, the words and pictures on the banners also represent the mental health benefits of getting outside and remaining active.

About the Artists: The artistry is the work of Heather Havlicek and Kevin Fogelson, a husband and wife creative team who embraced the opportunity to create a public art display that brings joy to Northbrook. Heather, an art teacher at Northbrook's Westmoor Elementary School, captures experiences and memories through narrative illustrations. Check out her creativity on [Instagram: ArtsyCzech](#). Kevin, a digital artist who combines art with technology, teaches Graphic Arts at Antioch Upper Grade School in Antioch. See his work on [Facebook at Kevin Fogelson Graphic Design](#).

Posters Around Town: CATCH has reproduced the artwork on posters which are on display at businesses, schools, offices and places of worship around Northbrook.

Posters & Magnets for Sale: The posters, as well as car magnets, featuring the artwork, are available for purchase at The Book Bin, 1151 Church Street, and Payton Rose, 2760 Dundee Rd., with the proceeds benefiting the Northfield Food Pantry and those area families hardest hit by the pandemic. Posters: \$5, magnets: \$10.

Grant for Pandemic Response: The Village of Northbrook supported this project with funds designated for response to the pandemic which has taken a significant toll on mental health worldwide.

About CATCH: CATCH, an all-volunteer organization based in Northbrook, is focused on educating area families about mental health and ensuring resources are in place to support our young people at school, at home, and throughout our community. In the past three years, CATCH has hosted dozens of events about mental health and has built a library of resources on the [CATCH website](#) and [YouTube Channel](#) providing parents with quick access to guidance from local mental health professionals.

Contacts:

Amy Oberholtzer, CATCH Executive Director, 847-373-4661, catchiscommunity@gmail.com
Julie Weinberg, CATCH Vice President, 847-337-5103, julieweinberg@me.com

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catchiscommunity.org

These images feature artwork commissioned by CATCH: Community Action Together for Children's Health for a public art display highlighting the important link between caring connections and mental health.

For more information, contact:

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The banner to the right will be displayed at various locations across Northbrook.

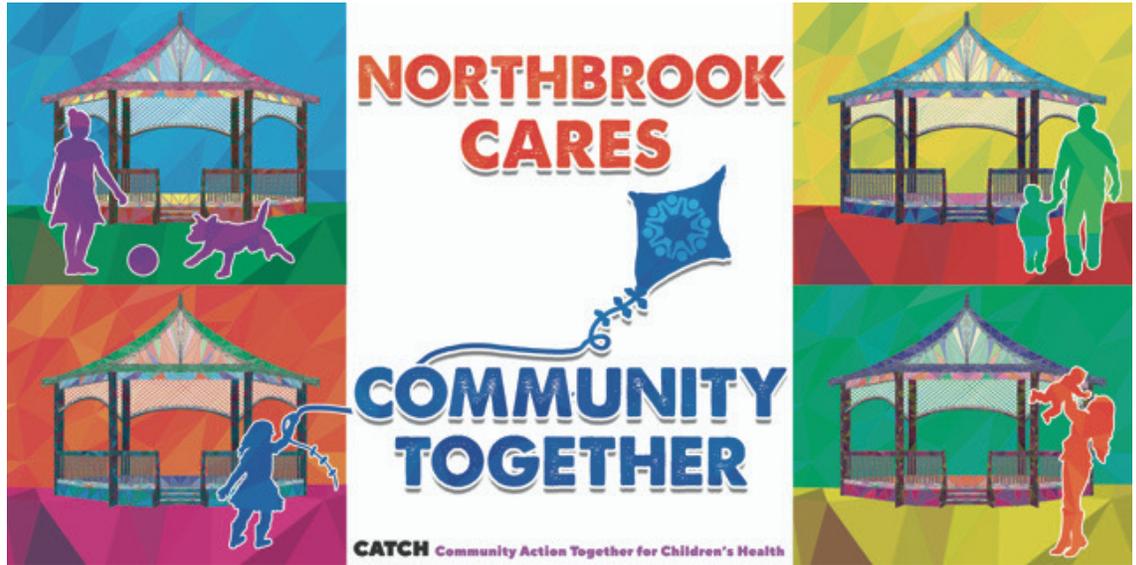
Feb. 17-March 3

- Village Green
- Sportsman's
- Wood Oaks

March 1-March 31

- Village Hall
- Shermer & Walters

Other locations TBD.



The magnet below and poster to the right are available for purchase at The Book Bin, 1151 Church Street, and Payton Rose, 2760 Dundee Rd., with proceeds benefiting the Northfield Food Pantry and those area families hardest hit by the pandemic. Posters: \$5, magnets: \$10.

