



May 2019

## Mental Health Awareness Month

Chartwells would like to help educate about the importance of mental health for all.

Remember how important self-care is for youth and adults.

Stay Hydrated  
Eat  
Sleep

When life gets to be too much talk to someone that can help. Put these numbers in your phone and have your children do the same. You never know when they could help.

**Crisis Line 24 hours a day.**  
Stress, depression, substance abuse question or concern.

**1-855-NMCRISIS (662-7474)**

**Warm Line**  
Call or TEXT  
1-855-4NM-7100  
1-855-466-7100  
Call 3:30-11:30  
Text 6pm-11pm

Check out their great website at  
**[www.nmcrisisline.com](http://www.nmcrisisline.com)**

## Los Alamos School District

Chef Laurence Pena is the new Chartwells Food Services Director. Chef Laurence Peña is from the Pueblo de San Ildefonso, where he lives with his wife Melanie and their children, Taylor, Justin, Christian and Emelia.

His passion is creating menu items which are an infusion of Classic American, French, Creole, New Mexican and Modern American cuisines. He is a graduate of Le Cordon Bleu, with a degree in Hospitality and Restaurant Management.



Contact Chef Pena at [Laurence.Pena@compass-usa.com](mailto:Laurence.Pena@compass-usa.com)

**The Summer Food Program is back for 2019!**



Chartwells announces their Free Summer Lunch program. The program runs from 6/10/19 through 8/3/19. The Monday through Friday program will feed anyone one 18 and under. Visitors will receive a free Hot lunch and a healthy snack from 11:30am-1pm.