



BRAZOS VALLEY HEALTH COALITION NEWSLETTER

December 2025

ABOUT US

The Brazos Valley Health Coalition (BVHC) was formed in January 2016 to act as a coordinated group to address health issues in the Brazos Valley. The BVHC, which consists of numerous social service, healthcare, education, and governmental agencies, has two main goals:

- Conduct a community health needs assessment (CHNA) to identify the health needs and strengths of the Brazos Valley
- Create a community health improvement plan (CHIP) to determine health priorities and specific strategies that can be implemented to address the issues identified in the Community Health Assessment

The Brazos County Health District acts as the lead agency for the coalition. For more information, contact BVHC@brazoscountytexas.gov or Arthur O. Davila at adavila@brazoscountytexas.gov or 979-361-5700.

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MESSAGE TO OUR COMMUNITY

Happy Decembereveryone!! The Brazos Valley Health Coalition is founded on the collaboration of diverse organizations and individuals working to build a healthier Brazos Valley, with a special emphasis on supporting the underrepresented and underserved populations in the area. By sharing knowledge and resources, we unite our efforts to strengthen the health of our community.

We extend our sincere thanks to our major supporters for generously contributing their time and expertise toward this vision of a healthier future. Thanks to their dedication, along with that of many others, BVHC is able to connect people to health resources throughout Brazos County and the six counties surrounding it.

Also, we are deeply grateful to the individuals who support this mission. Your commitment helps connect our work directly to the community we serve—and for that, we thank you.

MEETING UPDATES

On the second Monday of each month all are invited to the Brazos Valley Health Coalition general meetings, whether you are a representative of an organization or an individual wishing to stay informed. Meetings are typically held at the Brazos County Health District located on 201 North Texas Avenue Bryan, Texas 77803 (unless stated otherwise) from 10:00am-11:00am. You are also welcome to join in on Zoom as well!

Here, one to two organizations from the area share how they support the community. Meetings are usually accompanied with snacks and drinks, and they are a fantastic way for organizations and all people to network and get to know one-another. Everyone is welcome to attend!

NOV MEETING RECAP

The Brazos Valley Council of Governments (BVCOG) shared updates from their Transportation Committee, which is currently gathering feedback from stakeholders and community organizations to better understand transportation needs across the region.

The discussion highlighted how transportation barriers affect access to health services and the importance of coordinated efforts to improve mobility options for residents.

Additionally, an update was provided on ongoing Community Health Improvement Plan (CHIP) efforts.

DEC MEETING AGENDA

At our upcoming coalition meeting, we will hear from a representative of the Southwest Transplant Alliance, who will share information about the organization’s current initiatives and the positive impact their work has on the community.

Additionally, the Health District will provide an update on the Community Health Improvement Plan (CHIP), including recent progress, updated timelines for completion, and anticipated changes to the implementation process.

SEASONAL ANNOUNCEMENTS



SAVE THE DATE

December 2025

● aggjeland
● pregnancy
● outreach



Free! Pregnancy & Parenting Classes

Welcome to **Baby Steps**, our newly-expanded educational program. This support is available weekly to anyone in the community. All classes are taught by an APO Counselor, with some special classes taught by a certified professional. Come receive help in community as you prepare for your baby and while parenting.

- Class times include:
 - In-person at APO on Tuesday & Thursday 12-2 pm and Wednesday 10-11 am.
 - In person class at Grace Bible Church-Midtown Campus on Monday from 6-7pm.
- All classes are offered in English and Spanish.
- Snacks and free childcare provided for all classes at APO.
- Support partners are encouraged to attend.
- Every participant/couple will have an opportunity to earn shopping time in our Mama Store, as well as receive a pack of wipes and diapers at the close of the class.

[Contact Us](#) **SIGN UP HERE:** 

☎ 979-764-6636
 🌐 PregnancyOutreach.org
 📍 410 Harvey Road, Suite 310
 College Station
 Midtown Class: 2500 S. College Ave
 Bryan

● aggjeland
● pregnancy
● outreach



Gratis! Clases de crianza y embarazo

Bienvenidas a Baby Steps, nuestro programa educativo recientemente ampliado. Este apoyo está disponible semanalmente para cualquier persona en la comunidad. Todas las clases son impartidas por un consejero de APO, y algunas clases especiales son impartidas por un profesional certificado. Ven y recibe apoyo en comunidad mientras te preparas para tu bebé y durante la crianza.

- Clases presenciales en APO los martes y jueves de 12 a 2 p.m., y los miércoles de 10 a 11 a.m.
- Clase presencial en Grace Bible Church - Midtown Campus los lunes de 6 a 7 p.m.
- Todas las clases se ofrecen en inglés y español.
- Se proporcionan refrigerios y cuidado infantil gratuito para las clases de martes y jueves en APO.
- Se anima a los compañeros de apoyo a asistir.
- Cada participante o pareja tendrá la oportunidad de ganar tiempo de compras en nuestra Tienda Mama, además de recibir un paquete de toallitas y pañales al finalizar la clase.

[Contáctanos](#) **REGISTRATE AQUÍ:** 

☎ 979-764-6636
 🌐 PregnancyOutreach.org
 📍 410 Harvey Road, Suite 310
 College Station
 Clase de Midtown: 2500 S. College Ave
 Bryan



Group Counseling



December Theme
Navigating the Holidays: Coping with Loneliness, Family Tension, & Seasonal Depression



Monday December 1 Understanding Holiday Stress & Emotional Triggers
 5:30pm-7:00pm

Monday December 8 Loneliness, Grief, & Seasonal Depression
 5:30pm-7:00pm

Monday December 15 Family Dynamics & Boundaries
 5:30pm-7:00pm

Monday December 22 Reframing & Creating Meaning
 5:30pm-7:00pm

Monday December 29 Debrief of Holiday Season
 5:30pm-7:00pm

Therapist:
 Victoria "Torii" Hopkins, LCSW
 201 N. Texas Ave. Bryan, TX 77803
 979-361-5718 | vhopkins@brazoscountytexas.gov

Upcoming Presenters

Month	Name
December	Kristin Farmer - Southwest Transplant Alliance Dr. Sara Mendez - TAMU School of Public Health
January	Alex Castro - Brazos County Health District
February	

VOLUNTEER OPPORTUNITIES



**LIFE IS *short.*
DO STUFF
THAT *matters.***

Volunteer with Scotty's House

At Scotty's House, we help children not just heal, but rediscover their strength. We couldn't do this important work without incredible volunteers. Together, we are helping children reclaim their childhoods.

Want to join us?

- FAMILY CARE VOLUNTEERS**
Help children feel safe and supported from the moment they walk through our doors. Welcome families, provide assistance in waiting areas, and play a key role in helping children find joy on their path to recovery.
- MEDICAL VOLUNTEERS**
Provide care and comfort during critical moments. Whether supporting on-site medical exams or meeting families at the hospital, help ensure every child feels safe, supported, and seen.
- OFFICE VOLUNTEERS**
Lend your time and talents to our office—whether it's answering phones, greeting families, or assisting with administrative tasks, help create a safe, welcoming space for healing and hope.
- AMBASSADORS**
Help spread awareness, share our mission, and bring joy at events. From health fairs to fundraisers, play a hands-on role in sharing our mission with the community.

Learn more about Scotty's House Volunteer Opportunities by contacting our Volunteer Coordinator at volunteer@scottyshouse.org

TOP 5 REASONS TO *Volunteer*

- 5 Find Your Place, Find Your People**
From front office helpers to outreach advocates, there's a role that fits your skills, schedule, and passion. Plus, our volunteers are pretty awesome humans.
- 4 Support a Mission that Matters**
Scotty's House is dedicated to healing and justice for children affected by abuse. When you volunteer, you're part of that critical mission.
- 3 Make a Local Impact**
Your time and compassion directly support families right here in the Brazos Valley—this is your community, and you're making it stronger.
- 2 Grow While Giving Back**
Gain valuable experience, learn new skills, and feel the deep reward of knowing you made a difference. Bonus: we give great thank-yous.
- 1 Be a Real-Life Hero**
Whether you're comforting a child or helping behind the scenes, your presence brings safety, stability, and hope to kids who need it most.

Volunteer Application Process

To become a volunteer, visit www.scottyshouse.org to complete a volunteer application, participate in an interview, and pass a background check. Volunteer recruitment takes place three times a year—in the spring, summer, and fall. Training is provided and tailored to each specific volunteer role.



WHERE THE *Healing* BEGINS.

Contact Us:  2424 Kent Street
Bryan, TX 77802  volunteer@scottyshouse.org
 979.703.8813  www.scottyshouse.org



Looking for

Health-Focused Volunteers

**HEALTH
For All**

www.hlth4all.org



The Rose – Pink Breast Cancer Ribbon Volunteer Opportunity

The pink ribbon lapel pin has become a powerful symbol to increase awareness about breast cancer, and it is easy to make for yourself and your friends.

During Breast Cancer Awareness Month in October and throughout the year—people wear pink ribbons to honor survivors, remember those lost to the disease, and to support the progress we are making together to defeat breast cancer.

We encourage you to wear a pink ribbon not just throughout the month of October, but year-round and join us in the fight against breast cancer.

Follow the printable directions below to make your own pink ribbon lapel pin; no sewing needed. Finished size: 1½" by 5/8".

You will need:

- Three inches of pink ribbon, a quarter-inch wide.
- One small safety pin
- Needle and small length of pink thread or a tiny dot of glue
- Options to attach to a lapel:
- The small safety pin used above
- Double stick tape



Directions:

1. Cut a three-inch length ribbon, snipping both ends at an angle. Lay the ribbon out horizontally with the shorter edge on top. Hold down the ribbon's midpoint. Grasp the left end and fold so it points down and slightly across the midpoint. The fold can be a soft curve or a crisp line.
2. Fold the right end in the same way so the ribbon crosses itself about a half inch below the fold.
3. Where the ribbon crosses itself, use a tiny stitch of pink thread or a tiny dot of glue to hold the ribbon in place.
4. This safety pin can be used to attach the ribbon to a collar or lapel. You'll need to remove the pin from the ribbon, then work from inside your shirt to pin on the folded pink ribbon.

If you would like to make and donate any completed pink ribbons to The Rose, please contact Emily Reis at ereis@therose.org

BRAZOS COUNTY HEALTH DISTRICT RESOURCES

GET MOVING WITH FREE ZUMBA CLASSES!
 JOIN US EVERY TUESDAY & THURSDAY
9:00 AM - 10:00 AM
WHERE?
 Brazos County Health Department
 201 N. Texas Avenue, Bryan, Texas 77845
NO REGISTRATION NEEDED—
JUST DRESS & MEET US AND BE
READY TO GET MOVING!

Brazos County Health District
YOGA
Free Class
JOIN NOW!
BRING YOUR OWN MATS!

EVERY TUESDAY 8:30 TO 9:00 AM
 Address: 201 N Texas Ave, Bryan, TX 77803
 Phone: (979) 361-4440
 No Children under 16

BRAZOS COUNTY HEALTH DISTRICT
WEDNESDAY DRIVE UP RESPIRATORY CLINIC: FLU & STREP (10 Y/O & UP)
STARTING OCT. 1, 2025- DEC. 17, 2025*
WILL RE-START IN 2026

Cost is \$30 Prescription for discounted rate (\$25) at BCS Pharmacy

TIME 8:30-11:30 AM
MORE INFO:
 979-321-2268
 brazoshealth.org

*Clinic will not be open November 26, December 24, or December 31.

HELP STOP THE BLEED

BLEEDING IS A COMMON BUT PREVENTABLE CAUSE OF DEATH

Someone who is severely bleeding can bleed out in as little as 5 minutes. Recognizing the signs of severe blood loss early and taking immediate action can be life saving.

SAVE A LIFE GET TRAINED
 1.9 MILLION People in the world lose their lives due to hemorrhage
 48,830 victims in the U.S. in 2022
 StopTheBleed.org

Brazos County Health District
 Contact John Young for more information: (979) 361-5762

BE WELL BRAZOS

Where Health & Community Meet

Brazos County Health District
Mental Health Counseling
 Individual & Group Counseling

Individual Counseling Sessions available on Monday-Friday by appointment.

Group Counseling available - call or email for most up to date schedule as this varies based on community needs.

Crisis services as scheduling allows for existing BCHD patients.

Populations Served: children, adolescents, and adults
 Areas of Concern: anxiety, depression, grief, ADHD, LGBTQ+, adjusting to significant life changes, and other concerns

Therapist:
 Victoria "Tori" Hopkins, LCSW
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