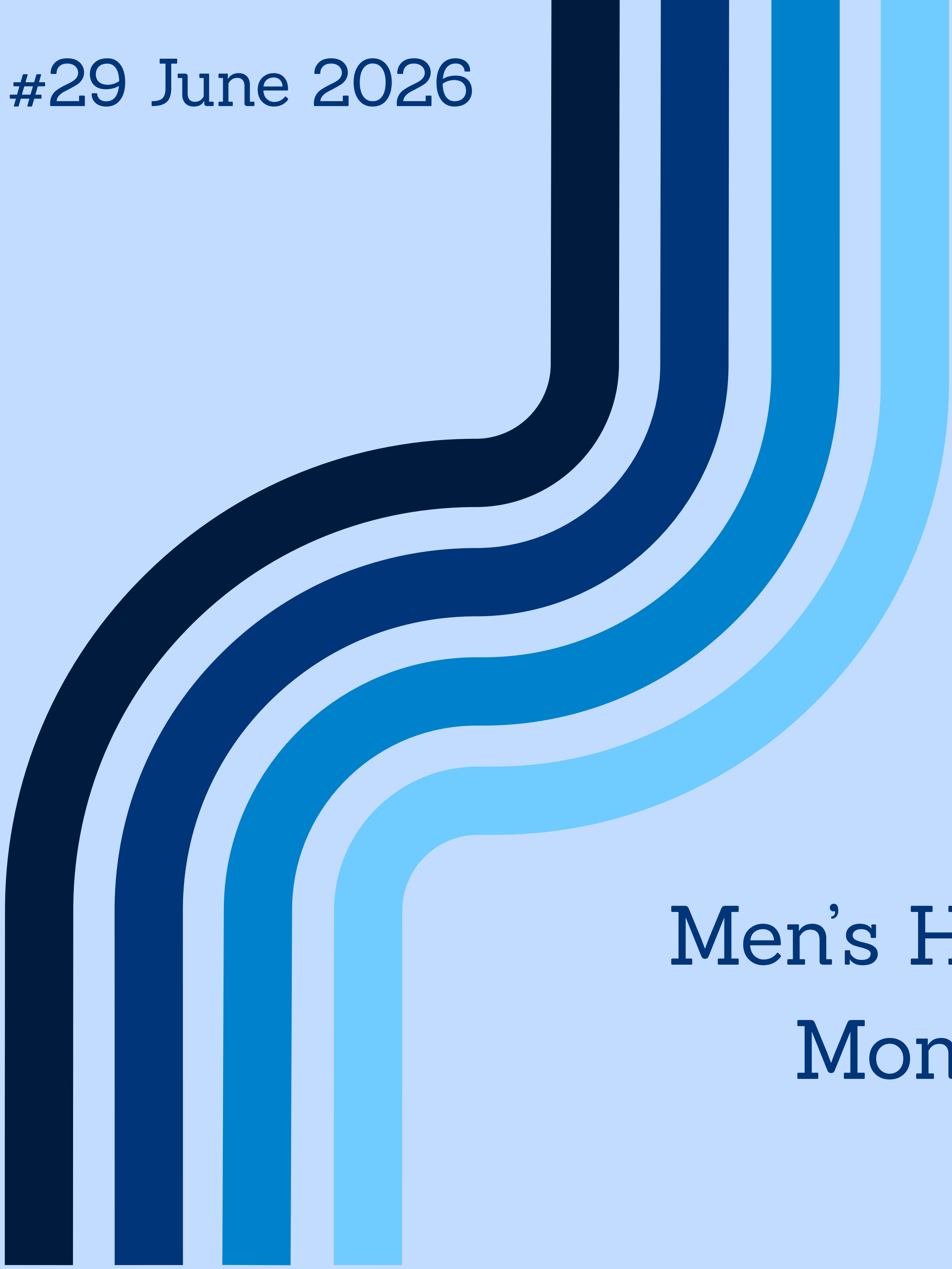


#29 June 2026



Men's Health
Month

JUNE



MEN'S HEALTH AWARENESS

Men's Health Awareness Month is dedicated to bringing focus to the unique health challenges men face and to encourage healthier lifestyles and regular medical care. Many men are much less likely to go to the doctor regularly, open up about mental or personal struggles. This causes a higher risk of physical and mental health issues, which in turn leads to shorter life spans compared to women.



KEY FOCUS AREAS

Physical Health

- Encourages regular checkups and screenings
- Promotes exercise, nutrition, and sleep
- Raises awareness about preventable diseases

Mental Health

- Challenges stigma around men expressing emotions
- Encourages talking about stress, anxiety, and depression
- Promotes healthy coping strategies

Early Detection

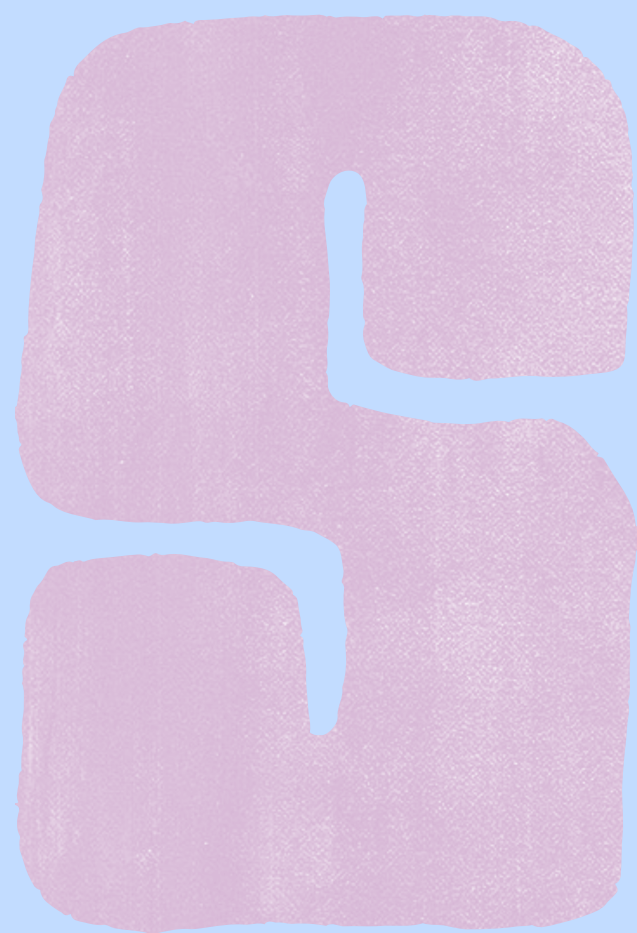
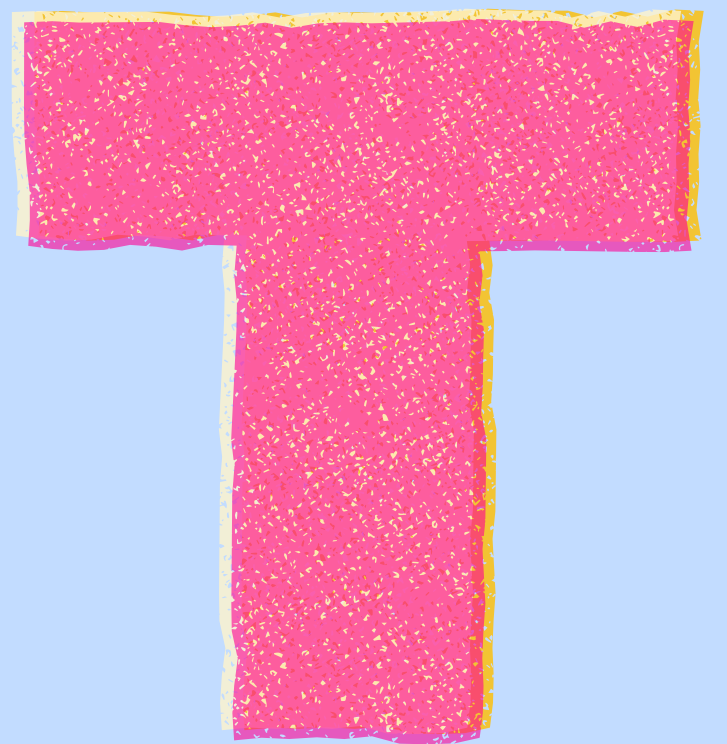
- Catching illnesses early makes treatment more effective
- Important screenings include:
 - Blood pressure
 - Cholesterol
 - Cancer screenings

Healthy Habits & Lifestyle

- Staying active
- Eating balanced meals
- Avoiding harmful habits (like substance misuse)
- Building strong support systems

PTSD AWARENESS

Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by stands for Post-Traumatic Stress Disorder. It is a mental health condition triggered by experiencing or witnessing a terrifying, shocking, or dangerous life event. People with PTSD continue to experience severe, persistent stress long after the danger has passed, rather than only going through temporary shock



Many people feel misunderstood or hesitant to talk about what they're going through. Awareness helps normalize conversations about trauma and recovery. Of course there are several ways to help manage PTSD, such as: therapy, healthy coping strategies, support systems, and building safety and stability.

COMMON SIGNS & SYMPTOMS

- **Intrusive Memories:** Flashbacks, terrifying nightmares, or involuntary, distressing recollections of the event.
- **Avoidance:** Actively dodging people, places, activities, or conversations that serve as reminders of the trauma.
- **Negative Changes in Mood/Thinking:** Feelings of hopelessness, emotional numbness, or distorted negative beliefs about oneself.
- **Physical & Emotional Changes:** Being easily startled, feeling constantly on guard, angry outbursts, or trouble sleeping.



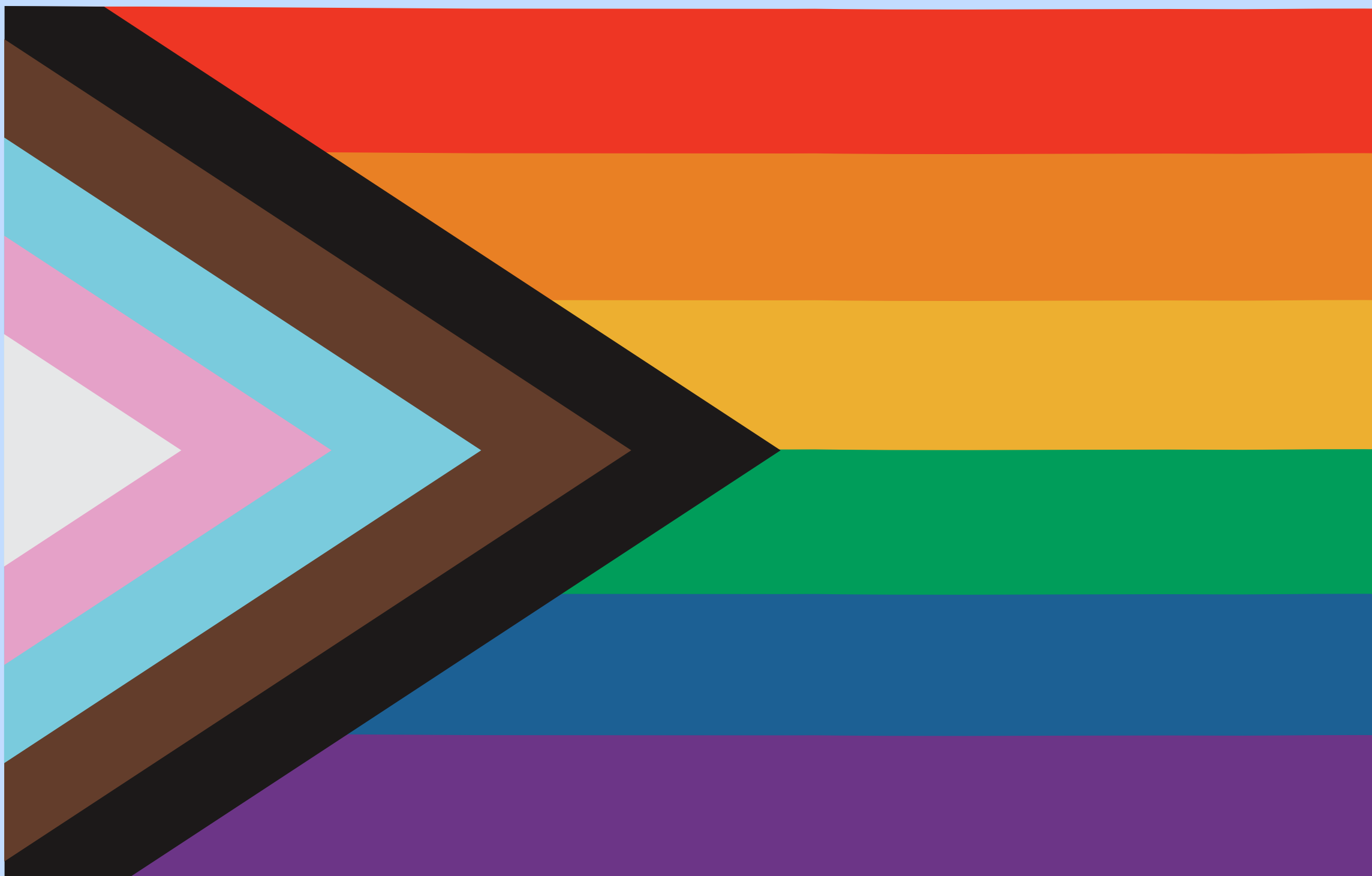
ALZHEIMER'S & BRAIN AWARENESS

Alzheimer's is a progressive brain disorder, meaning it gets worse over time. It affects things like memory, thinking and decision-making, and behavior and personality. It's also the most common cause of dementia with it being especially common in older adults. Many people don't realize the severity of brain diseases, and this month helps highlight that. Recognizing the symptoms early on can not only help manage the condition better, but also give you time to plan and get support.



LGBTQ+ PRIDE MONTH

Pride month is focused on supporting the LGBTQ+ community. It celebrates identity and , self expression, supports equality and acceptance, and recognizes the history and struggles LGBTQ+ individuals.



JUNETEENTH



Juneteenth is celebrated on June 19th to mark the end of slavery in the United States. It commemorates June 19, 1865, when Union soldiers arrived in Galveston and announced that enslaved people were free, more than two years after the Emancipation Proclamation had been issued.

LOCAL EVENTS

- Juneteenth Celebration: Join the 6th Annual Juneteenth Celebration at the Laurel Branch Library on Sunday, June 14 (2:00 PM - 4:00 PM), featuring spoken word, community dialogue, and line dancing.
- Juneteenth: Freedom Through Music: Explore African American musical traditions at the Bladensburg Branch Library on Saturday, June 13 (3:00 PM).
- Summer Soccer Kickoff Watch Party: Celebrate an international soccer tournament at Fletchers Field in Riverdale on Thursday, June 11 (2:00 PM).
- Summer Prince George's Kickoff: Head to the South Bowie Branch Library on Wednesday, June 24 (4:00 PM) to sign up for the summer program, participate in activities, and grab prizes.
- Teen Action Group (TAG): Teens can earn community service hours and contribute to the community on Mondays through Wednesdays at various branches, including Bladensburg and Glenarden.
- Game On Events: Enjoy local chess, checkers, and Xbox tournaments at South Bowie Branch Library and Laurel Branch Library.

DIRECTOR'S CORNER



There is something powerful about this season.

Graduation season reminds us that life is constantly asking us to evolve — to close chapters, embrace change, and walk boldly into spaces we once prayed for. But graduation is not only about caps and gowns. Sometimes graduation looks like surviving what tried to break you. Sometimes it looks like choosing healing. Sometimes it looks like starting over.

As we recognize Men's Health Month, I want to speak directly to the men who have spent years carrying burdens in silence.

You do not have to suffer quietly.

You do not have to carry everything alone.

You deserve peace too.

You deserve healing too.

You deserve to be poured into too.

Strength is not pretending everything is okay. Strength is asking for help. Strength is prioritizing your health. Strength is facing hard things and choosing to keep going anyway.

For everyone entering a new season — whether it is graduation, parenthood, healing, career changes, grief, entrepreneurship, or simply rediscovering yourself — remember this:

✨ You have survived 100% of your hardest days.

✨ You are allowed to outgrow people, places, and old versions of yourself.

✨ Your next chapter does not require permission — only courage.

✨ You are not starting over; you are starting wiser.

This season, give yourself permission to celebrate how far you have come.

Walk boldly.

Heal intentionally.

Dream bigger.

Take care of yourself.

And never apologize for becoming who you were created to be.

Your next chapter is waiting.

Have a wonderful day on purpose.

– Erica Coleman, CPRP

Clinical Director | Embracing Tranquility Behavioral Health