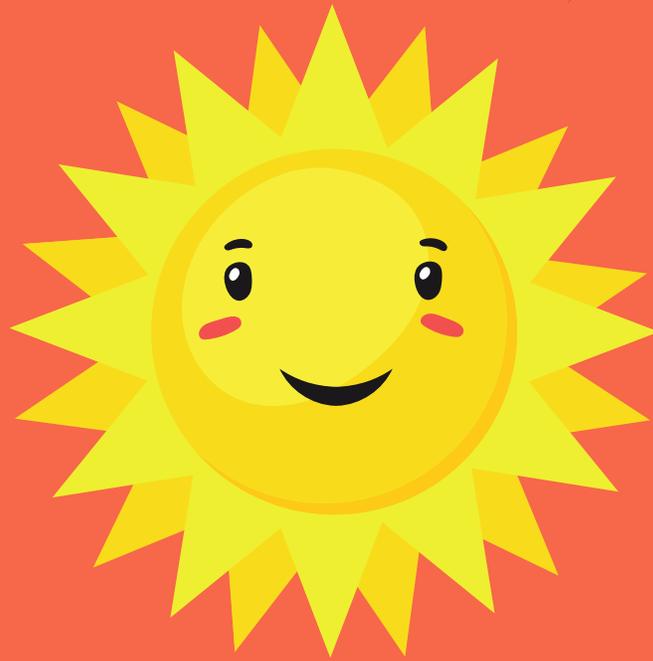




HEY, HOW ARE YOU?

EMBRACING TRANQUILITY EDITION:

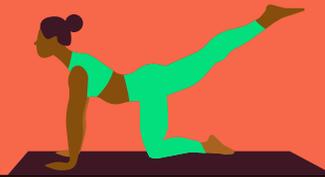


June greets us with warmth and wonder, calling us to grow, heal, and celebrate. We honor Men's Health Month by encouraging preventive care and open conversations. We recognize Cancer Survivors Month by celebrating strength and survivorship. Pride Month reminds us of the power of visibility, equality, and love. Autistic Pride Day on June 18 celebrates neurodiversity and the voices of autistic individuals. We also take time on Family Health and Fitness Day to promote active lifestyles for all generations. And on Juneteenth, we reflect on freedom, justice, and the ongoing journey toward racial equity.



Yoga Classes:

Stay on the look out for yoga dates!



inhale
exhale

Breathwork and Stress Reduction Techniques:

Your breath is your anchor. We explored the transformative power of breathwork and stress reduction techniques. Participants learned how to harness the breath to calm the nervous system, reduce anxiety, and cultivate inner peace.

[YOUR GUIDELINE FOR BREATHWORK HERE](#)



Men's Health Month: Prioritize Strength from the Inside Out



Men Must Prioritize Their Health

Despite advances in medicine and awareness, men's health outcomes continue to lag behind those of women. This disparity is not only a personal concern but a public health issue—impacting families, workplaces, and entire communities.

1. Men Are Dying Younger, And Often from Preventable Causes

- On average, men in the U.S. live about 5 years less than women.
- 1 in 2 men will develop cancer in their lifetime; 1 in 4 will die from it.
- Leading causes of death—heart disease, stroke, liver disease, and cancer—can often be prevented or better managed with early detection and lifestyle changes.

2. Underutilization of Healthcare

- Studies show over 60% of men avoid going to the doctor unless they're seriously ill.
- Men are less likely to seek routine screenings, even for issues like high blood pressure, cholesterol, or prostate health, which can be life-threatening if ignored.
- This lack of preventative care leads to late-stage diagnoses and poorer outcomes.

3. Mental Health Is a Silent Crisis

- Men account for nearly 80% of all suicide deaths in the U.S.
- Cultural expectations around masculinity often discourage men from expressing vulnerability or seeking help for depression, anxiety, or trauma.
- Men are also more likely to self-medicate with substances rather than seek therapeutic support, contributing to the high rates of alcoholism and substance abuse.

4. Masculinity and Health Stigma

- Traditional notions of masculinity (e.g., “tough it out,” “be strong”) can lead to emotional suppression, denial of symptoms, and resistance to medical care.
- Men are more likely to ignore early warning signs of illness or downplay symptoms, seeing help-seeking as a sign of weakness.

Continued...



5. Health Impacts Everyone Around Them

- When men prioritize their health, it strengthens families, improves productivity, and lowers healthcare costs.
- A father's mental and physical well-being influences his children's emotional development and future health behaviors.
- Healthy men are better partners, parents, mentors, and community members.

The Call to Action: Prevention, Awareness, and Support

- Schedule routine check-ups and know your family health history.
- Talk openly about physical and emotional health with friends, family, and doctors.
- Be proactive: Don't wait for symptoms to take your health seriously.
- Break the stigma: Encourage supportive environments where men feel safe discussing mental health and vulnerability.

Resources to Share:

- [Men's Health Network](#)
- [Movember Foundation](#)
- [Mental Health America – Men's Mental Health](#)
- [CDC Men's Health](#)



Thriving Beyond Cancer: A Celebration of Life and Strength

Every June, Cancer Survivors Month champions the resilience of on the millions of individuals who have faced a cancer diagnosis and are living with, through, and beyond it. It's more than a celebration of survival—it's an opportunity to acknowledge the complex journey of healing, to raise awareness of the challenges survivors still face, and to advocate for the resources and respect they deserve.

The Evolving Definition of "Survivor"

A cancer survivor is anyone who has been diagnosed with cancer, from the moment of diagnosis onward. That includes:

- Those in active treatment
- Individuals in remission
- Long-term survivors living with late effects of treatment
- People with metastatic cancer who manage their disease as a chronic condition

There is no single narrative that defines survivorship. Each experience is personal, layered, and valid.

Key Facts and Realities

- Over 18 million cancer survivors live in the U.S. today. (*American Cancer Society*)
- Nearly two-thirds of survivors experience long-term or late effects from treatment, including:
 - Chronic fatigue
 - Cognitive changes ("chemo brain")
 - Infertility or sexual dysfunction
 - Neuropathy or mobility challenges
 - Increased risk of secondary cancers
- Survivors often face mental health challenges such as anxiety, depression, PTSD, or fear of recurrence.
- Financial toxicity—the overwhelming cost of care—affects 42% of survivors, leading to debt or skipped treatment. (*National Cancer Institute*)
- Racial, geographic, and socioeconomic disparities affect access to care, outcomes, and post-treatment resources



Continued...



Survivorship Is a Lifelong Chapter

Many survivors describe living in a state of “watchful waiting,” where follow-up scans, blood tests, and routine exams continue for years. This uncertainty can be emotionally exhausting. Others are left with a lack of direction once treatment ends—a common but under-discussed experience called “the lost in transition” effect.

Survivors may also grapple with:

- Body image changes
- Career disruption or re-entry stress
- Relationship strain or shifting family dynamics
- Survivor’s guilt, especially after losing others to cancer

Survivorship, while full of strength and triumph, is also full of complexity and emotional nuance.

Why Awareness and Advocacy Are Crucial

Cancer Survivors Month is not just a celebration—it’s a call to action. Survivors need continued support long after the last chemo session, radiation treatment, or surgery. This includes:

- Comprehensive survivorship care plans that address long-term effects and mental health
- Mental health services integrated into oncology practices
- Equity in survivorship, ensuring all populations—including BIPOC, LGBTQ+, rural, and low-income communities—have access to care
- Public policy and workplace protections that support time off, re-entry, and financial security

How You Can Support Survivors

- Listen with empathy. Survivors may not always want to be seen as “heroes”—sometimes, they just want to be heard.
- Acknowledge invisible scars. Not all challenges are visible. Fatigue, fear, and grief often linger long after treatment.
- Educate yourself on survivorship issues and advocate for continued research and resources.
- Celebrate milestones thoughtfully—ask how someone prefers to reflect on their survivorship story.

Resources for Survivors and Loved Ones

- [National Coalition for Cancer Survivorship \(NCCS\)](#) – Advocacy, policy, and survivor voices
- [American Cancer Society](#) – Survivorship – Comprehensive guides
- [Cancer Support Community](#) – Emotional support and resources
- [Triage Cancer](#) – Legal, employment, and financial resources for survivors
- [Stupid Cancer](#) – Support for adolescent and young adult (AYA) survivors
- [LiveStrong Foundation](#) – Whole-life support for people facing cancer

Cancer Survivors Month is a time to honor strength, but also to illuminate the road ahead—one that still requires compassion, equity, and commitment from our healthcare systems, communities, and policies. Survivorship is not the end of the story. It’s an evolving journey of healing, resilience, and reclaiming life.



Love Without Limits: Pride, Protest, and Progress

What It Is:

Pride Month, observed every June, is a time to celebrate the lives, culture, and contributions of the LGBTQIA+ community. It is also a powerful reminder of the ongoing fight for equality, dignity, safety, and inclusion for all, regardless of gender identity or sexual orientation.

Pride Month commemorates the Stonewall Uprising of June 1969, a pivotal moment in LGBTQ+ history, where queer activists—many of them Black and Brown trans women—stood up to police harassment in New York City. That act of resistance became the spark for the modern LGBTQ+ rights movement.

Why It Matters

- Over 20 million U.S. adults identify as LGBTQ+, including nearly one in five Gen Z adults. (Gallup, 2023)
- 40% of LGBTQ+ youth seriously considered suicide in the past year. Rates are significantly higher for trans and nonbinary youth. (Trevor Project)
- 1 in 3 LGBTQ+ Americans report discrimination in daily life, including at work, in health care, and in housing.
- Transgender people, particularly trans women of color, face disproportionately high rates of violence and discrimination.

More Than a Celebration

While parades, festivals, and flags are joyful and affirming, Pride is rooted in protest and resilience. It honors the activists and trailblazers who fought—and continue to fight—for equal rights, from Marsha P. Johnson and Sylvia Rivera to today's youth organizers and community leaders.

Pride Month is a time to:

- Celebrate the diversity and strength of LGBTQ+ identities
- Acknowledge the challenges that still exist
- Commit to being an active ally all year long

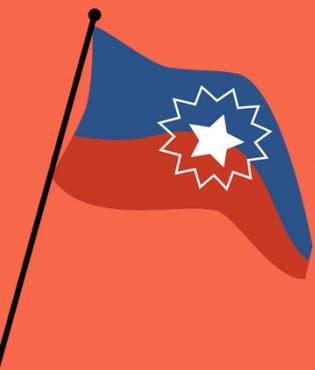
How to Support the LGBTQIA+ Community

- **Educate Yourself:** Learn about LGBTQ+ history, terminology, and current issues
- **Use Inclusive Language:** Respect pronouns and chosen names
- **Show Up:** Attend Pride events, marches, and town halls
- **Listen & Amplify:** Center LGBTQ+ voices, especially BIPOC and trans voices
- **Create Safe Spaces:** Foster open communication and unconditional support
- **Support LGBTQ+ Youth:** Encourage self-expression, affirm identity, and seek inclusive healthcare or therapy when needed
- **Advocate in Schools:** Promote inclusive curricula and anti-bullying policies
- **Inclusive Policies:** Enforce non-discrimination protections in hiring, benefits, and daily practices
- **Employee Resource Groups:** Support affinity spaces and mentorship programs
- **Visible Allyship:** Go beyond rainbow logos—donate, hire inclusively, and show sustained support



Resources for Learning, Support & Action

- [The Trevor Project](#): Crisis intervention and suicide prevention for LGBTQ+ youth
- [GLAAD](#): Media advocacy and education
- [PFLAG](#): Support for LGBTQ+ people, their families, and allies
- [Human Rights Campaign \(HRC\)](#): LGBTQ+ civil rights organization
- [Transgender Law Center](#): Legal support and policy advocacy



Freedom Remembered, Justice in Motion



Juneteenth, observed on June 19, commemorates a defining moment in American history. On that day in 1865, Union troops arrived in Galveston, Texas, with news that more than 250,000 enslaved African Americans were finally free — more than two and a half years after the Emancipation Proclamation had been issued by President Abraham Lincoln on January 1, 1863.

This delayed announcement reflected more than a communication gap — it underscored the systemic resistance to Black liberation and the long, uneven path to justice in the United States. Juneteenth is the oldest nationally celebrated commemoration of the end of slavery, and in 2021, it was formally recognized as a federal holiday. Yet Black communities across the country had already been observing this day for over 150 years — as a time for remembrance, family, resistance, and celebration.

From Liberation to Empowerment: Honoring the Past, Building the Future

Juneteenth Matters Today

Juneteenth is more than a symbolic milestone — it is a living, breathing testament to Black resilience, a powerful declaration of identity, and a call to ongoing liberation.

It reminds us of:

- The injustice of delayed freedom, how power can be withheld even when rights are declared.
- The resilience of Black communities, who continued to build, create, and thrive under oppressive systems.
- The importance of truth-telling, especially about the parts of American history too often ignored or sanitized.
- The ongoing struggle for racial justice, equity, and full participation in democracy.

In honoring Juneteenth, we don't just look back, we look inward and forward. We commit to telling the full story, to listening, and to acting.

We Celebrate and Honor

Juneteenth is honored through vibrant, community-led traditions that embody the spirit of freedom and joy:

- Parades, block parties, and cookouts that connect families and neighbors
- Public readings of the Emancipation Proclamation and Black literary works
- Cultural exhibitions that uplift Black excellence in music, art, fashion, and cuisine
- Storytelling and intergenerational sharing, preserving the wisdom of ancestors
- Service projects and social justice events, linking the past to the present movement

These celebrations are both an act of remembrance and resistance — a joyful defiance against a history of erasure.



Continued...

How You Can Show Support

Celebrating Juneteenth means standing in solidarity with Black communities — not only on June 19, but **every day**.

Here's how:

- Learn the full history of slavery, reconstruction, Jim Crow, mass incarceration, and resistance.
- Support Black-owned businesses, artists, and creators as part of your regular routine.
- Attend Juneteenth events and listen to community voices.
- Amplify Black stories and perspectives in your home, schools, workplaces, and media.
- Advocate for systemic change — in housing, healthcare, education, policing, and economic opportunity.
- Incorporate anti-racism into your everyday decisions and speak out against injustice.

True allyship is active, ongoing, and self-reflective — not performative or seasonal.

Resources for Learning and Action

- [National Museum of African American History and Culture](#)
- [Equal Justice Initiative](#)
- [Juneteenth.com](#)
- [Color of Change](#)
- [The Movement for Black Lives \(M4BL\)](#)

Juneteenth is not the end of a story — it's a chapter still being written.

It's a reminder that freedom is not just about the absence of chains, but the presence of dignity, safety, and opportunity. To honor Juneteenth is to continue the work to build a world where justice is not delayed, and freedom is not conditional.

Let us not just remember freedom. Let us live it, demand it, and build it.



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Autistic Pride Day (June 18)

Celebrating Neurodiversity and Empowering Authentic Voices

What It Is:

Autistic Pride Day, observed annually on June 18, is a celebration created by and for autistic people. Unlike awareness campaigns that often focus on challenges or deficits, Autistic Pride emphasizes strengths, identity, community, and self-acceptance.

It's a day to honor neurodiversity, challenge stigma, and highlight that autism is not a disorder to be "fixed"—but a valid and valuable way of experiencing the world.

Why It Matters

Autism is a neurodevelopmental variation that affects how people communicate, interact, and process information. It is part of the natural spectrum of human diversity.

- More than 5.4 million U.S. adults are autistic (CDC, 2020)
- Autism is often underdiagnosed in women, people of color, and LGBTQIA+ communities
- Autistic individuals are more likely to face bullying, unemployment, and mental health challenges, yet also display exceptional creativity, focus, honesty, and passion

Autistic Pride Day was launched in 2005 by the group *Aspies for Freedom*, and it mirrors LGBTQ+ Pride in its emphasis on self-advocacy, dignity, and visibility.

Neurodiversity, Not Deficiency

The neurodiversity movement asserts that neurological differences like autism, ADHD, and dyslexia are natural variations—not problems to be cured.

Autistic Pride Day encourages everyone to:

- Reject harmful stereotypes and deficit-focused language
- Uplift autistic voices, particularly those of non-speaking individuals and autistic people of color
- Recognize the importance of accessibility, autonomy, and informed consent in care and education

How to Show Support

- Listen to and amplify autistic perspectives, especially from self-advocates
- Educate yourself using resources created by autistic individuals, not just organizations about autism
- Celebrate autistic joy, creativity, and contributions to culture, science, and community
- Advocate for inclusive workplaces, classrooms, and public spaces

Resources

- [Autistic Self Advocacy Network \(ASAN\)](#) – Advocacy by and for autistic people
- [NeuroClastic](#) – Stories, research, and tools from neurodivergent writers
- [Autism Acceptance Month](#) – Campaign focused on acceptance, not just awareness
- [The Autism Society](#) – Support and resources for individuals and families





Family Health & Fitness Day (June 8)

Building Stronger Families Through Movement and Wellness

Celebrated annually on the second Saturday of June, Family Health and Fitness Day is an initiative from the National Recreation and Park Association (NRPA) that encourages families to get active together and prioritize wellness as a household. It's about creating healthy habits, spending quality time, and making fitness fun and accessible for everyone.

Move Your Body

- Physical inactivity is a major public health issue—especially among children and adolescents.
- Only 1 in 4 U.S. adults and 1 in 5 teens get the recommended amount of physical activity.
- Families that move together are more likely to maintain lifelong habits that prevent chronic illness and boost mental well-being.

Family Health & Fitness Day reminds us that wellness starts at home, and that parks, recreation centers, and local programs are key partners in building healthy communities.

Ways to Celebrate:

- Take a family walk, bike ride, or dance break
- Try a new healthy recipe together
- Have a screen-free activity day with games, yoga, or gardening
- Visit a local park or recreation center
- Join a family fitness class or wellness fair
- Participate in or organize a family fun run or field day
- Share your activities using hashtags like **#FamilyHealthDay** and **#NRPAFamilyFit**
- Learn together—explore online wellness resources or virtual fitness videos



The Broader Benefits

- Boosts cardiovascular health, mental clarity, and mood
- Strengthens family bonds through shared experiences
- Teaches children the importance of prioritizing health from a young age

Resources

- [NRPA's Family Health & Fitness Day Hub](#)
- [CDC Physical Activity Guidelines](#)
- [Shape America – Family Fitness Activities](#)



June Community Events: Celebrate, Explore, Connect

1. Summer Book Bags at Discoveries: The Library at the Mall

- Date: June 2 – June 7, 2025
- Time: 8:00 PM – 10:00 PM
- Location: The Library at the Mall, 2250 Annapolis Mall Road, Annapolis, MD 21401

Pick up a personalized bag filled with book selections and a small treat to kick off summer reading.

2. Pride in the Park 17+

- Dates: Wednesday, June 4, 2025
- Time: 6:00PM - 8:30PM
- Location: Brookside Gardens, 1800 Glenallan Avenue, Wheaton, MD 20902

Kick off Pride Month with big laughs, great friends, and a night of unforgettable comedy!

3. Party in the Park

- Dates: Saturday, June 7, 2025
- Times: 11:00AM - 3:00PM
- Location: Wheaton Regional Park, 2000 Shorefield Road, Wheaton, Maryland 20902

A fun-filled day of wellness activities for fathers, children and families. Community programs such as WorkSource Montgomery, Manna Food, MCPS Child Find and various HHS Programs will be available to give resources and information.

4. Caribbean-American Heritage | Food, Music & Arts Festival

- Dates: Sunday, June 8, 2025
- Times: 12:00 PM – 9:00 PM
- Location: I Veterans Plaza Silver Spring, MD 20910

A multicultural community-based free festival series that focuses on showcasing international music, arts, cuisine, culture, and heritage within the DMV area.

5. Summer Concert Series

- Dates: Wednesday, June 11th and 25th, 2025
- Time: 7:00 AM - 8 PM
- Location: 4811 Riverdale Road Riverdale Park, MD

Enjoy the Summer Concert Series 2025 with performances from different bands throughout the series.





Free Resources:

NAMI Maryland (National Alliance on Mental Illness)(410-884-8691):

- NAMI Maryland provides free mental health education, support groups, advocacy, and resources for individuals and families affected by mental illness. They offer programs such as NAMI Family Support Groups and NAMI Peer-to-Peer classes.

Mental Health Association of Maryland(443-901-1550):

- The Mental Health Association of Maryland offers free mental health resources, advocacy, and support services to promote mental wellness and recovery. They provide information on mental health topics, support groups, and educational programs.

Mosaic Community Services(410-453-9553):

- Mosaic Community Services is a nonprofit organization that offers free and low-cost mental health and substance use disorder services in Maryland. They provide counseling, therapy, case management, and other support services for individuals of all ages.

Maryland Coalition of Families (410-730-8267):

- The Maryland Coalition of Families is a nonprofit organization that provides free support, education, and advocacy for families of children and youth with mental health, substance use, and other behavioral health challenges. They offer support groups, workshops, and resources for families navigating the mental health system.

National Suicide Prevention Lifeline (1-800-273-8255):

- The National Suicide Prevention Lifeline is a national network of crisis centers that provide free and confidential support to individuals in suicidal crisis or emotional distress. Trained crisis counselors are available 24/7 to offer support, intervention, and resources to those in need.

Crisis Response Team (301-429-2185):

- This team likely consists of mental health professionals who are dispatched to respond to crisis situations, such as mental health emergencies or suicidal threats, in the community. They provide on-the-ground support and intervention to individuals in crisis.

Maryland Department of Health and Mental Hygiene (DHMH) Behavioral Health Administration (BHA) (410-402-8300):

- The DHMH Behavioral Health Administration oversees mental health and substance abuse services and programs at the state level in Maryland. They may provide funding, coordination, and oversight for various mental health initiatives and organizations.
- School Max has changed over to Synergy please register

Maryland Programs Addressing Hunger and Homelessness



Maryland Food Bank

The Maryland Food Bank is a statewide nonprofit that provides millions of pounds of food to residents in need every year. It works with more than 1,200 community organizations, including food pantries, soup kitchens, and shelters. Programs include:

- **Mobile Pantries:** Delivering food directly to underserved areas across the state.
- **School Pantry Program:** Offering nutritious food to children and families at over 40 schools in Maryland.
- **SNAP Outreach:** Assisting residents in applying for the Supplemental Nutrition Assistance Program to access nutritious food.

2. Moveable Feast

Moveable Feast provides nutritious meals and grocery items to individuals facing serious health challenges, such as HIV/AIDS, cancer, and diabetes, in Maryland. This program not only helps reduce food insecurity but also addresses the specific dietary needs of individuals with chronic illnesses. Volunteers are central to Moveable Feast's operations, helping prepare, package, and deliver meals throughout the state.

3. Maryland Department of Housing and Community Development (DHCD)

The Maryland DHCD provides several programs aimed at preventing homelessness and supporting affordable housing initiatives. Key programs include:

- **Emergency Solutions Grants (ESG):** Funding for emergency shelters, rapid rehousing, and homelessness prevention.
- **Rental Assistance Programs:** Offering financial support to low-income residents, including the Section 8 Housing Choice Voucher Program.
- **Housing Opportunities for Persons with AIDS (HOPWA):** Providing housing support to individuals with HIV/AIDS.

4. Homeless Persons Representation Project (HPRP)

The Homeless Persons Representation Project offers free legal services to people experiencing homelessness or those at risk of homelessness in Maryland. HPRP assists with issues like eviction prevention, public benefits access, and veteran's benefits. Their work is essential for protecting the legal rights of homeless individuals and families.

5. Health Care for the Homeless (HCH)

Health Care for the Homeless in Baltimore provides medical, mental health, and substance abuse services to homeless individuals. HCH's approach emphasizes integrated care, addressing both physical and mental health needs alongside housing services. They also provide case management to help individuals find stable housing and other community support.

6. Project PLASE (People Lacking Ample Shelter and Employment)

Based in Baltimore, Project PLASE provides transitional and permanent housing to homeless individuals, especially those with complex medical or behavioral health needs. They also offer support services, including job training, mental health counseling, and case management, to help residents gain stability and self-sufficiency.

7. Montgomery County Coalition for the Homeless (MCCH)

The Montgomery County Coalition for the Homeless works to reduce homelessness in Montgomery County by providing housing, advocacy, and supportive services. MCCH's programs include:

- **Safe Havens and Permanent Housing Programs:** For individuals with chronic homelessness or severe mental health needs.
- **Housing Stabilization Services:** To prevent individuals and families from becoming homeless.
- **Veteran Housing:** MCCH provides resources specifically tailored to veterans experiencing homelessness.

8. Baltimore City's Mayor's Office of Homeless Services (MOHS)

- The Mayor's Office of Homeless Services in Baltimore City is responsible for coordinating homeless outreach, housing programs, and resource distribution. MOHS works closely with local shelters, nonprofits, and community programs to deliver essential services such as:
 - **Street Outreach:** Connecting people with shelters, healthcare, and support.
 - **Permanent Supportive Housing Programs:** Offering stable housing and case management services to chronically homeless individuals.
 - **Family Stability Programs:** Providing support for families facing homelessness or housing instability.

Maryland Domestic Violence Resources:

Maryland Network Against Domestic Violence (MNADV)

- Phone: 1-800-634-3570
- Website: mnadv.org
- Provides information, support, and a directory of local service providers for victims of domestic violence.

Maryland Coalition Against Sexual Assault (MCASA)

- Phone: 1-877-988-7800
- Website: mcasa.org
- Offers support and resources for sexual assault survivors, including those experiencing domestic violence.

Crisis Intervention Services

- Phone: 1-800-322-4043 (available 24/7)
- Provides immediate support and crisis intervention.

Local Shelters and Services:

- **Montgomery County:**
 - Phone: 240-777-4195
 - Website: montgomerycountymd.gov
- **Prince George's County:**
 - Phone: 301-883-7870
 - Website: pgcmls.info
- **Baltimore City:**
 - House of Ruth Maryland
 - Phone: 410-828-6390
 - Website: houseofruth.org

National Domestic Violence Hotline

- Phone: 1-800-799-SAFE (7233)
- Website: thehotline.org
- Connects Maryland residents to local services.

Legal Aid Bureau

- Phone: 1-877-261-8807
- Website: mdlaborg
- Provides free legal assistance for protective orders and other legal matters related to domestic violence.



Director's Corner...



Erica Coleman CPRP Founder/ Director

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." –Stephen Covey