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WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*

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HEY, HOW ARE YOU?

Embracing Tranquility:

Honoring Juneteenth.



As we step into the month of June, we're greeted by significant observances that call for both celebration and advocacy. Firstly, we commemorate Juneteenth, a pivotal moment in American history marking the liberation of enslaved African Americans. This day serves as a beacon of resilience, reminding us of the struggles endured and the progress achieved towards equality and justice. Let's honor the vibrant culture and invaluable contributions of African Americans while reaffirming our dedication to fostering a society built on inclusivity and equity for all.

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## Pride, Alzheimer's, and ADHD awareness:

Welcome, everyone, to a month dedicated to honoring and raising awareness for three significant causes: Pride, Alzheimer's, and ADHD. As we enter June, we embark on a journey of education, empathy, and advocacy. Pride Month celebrates the vibrant LGBTQ+ community, acknowledging its resilience and ongoing fight for equality. Alzheimer's and Brain Awareness Month shines a light on the impact of Alzheimer's disease and dementia, emphasizing the need for research, support, and understanding. Simultaneously, ADHD Awareness Month raises awareness about attention deficit hyperactivity disorder, promoting acceptance and effective management strategies. These campaigns remind us of the diversity of human experience and the importance of standing together in solidarity, compassion, and inclusion.



## Yoga Classes:

Our yoga classes offered a chance to reconnect with the body and oneself, providing a space for self-discovery and relaxation.



Classes:  
June 8th  
June 22nd\*




## 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.

INSTANT DOWNLOAD

[YOUR GUIDELINE FOR BREATHWORK HERE](#)





# Shining Light on Alzheimer's: Advocacy, Awareness, and Action



In the month of June, we turn our attention to Alzheimer's Awareness Month, a dedicated time to illuminate the profound impact of Alzheimer's disease. As we delve into this month-long campaign, it's crucial to recognize some staggering facts: Alzheimer's is the most common form of dementia, affecting millions of individuals globally. It not only takes a toll on those diagnosed but also deeply impacts their families and caregivers.

Alzheimer's Awareness Month extends far beyond mere acknowledgment; it serves as a rallying cry for action. It's a call to challenge the misconceptions and stigma surrounding the disease, advocating for increased research funding and resources. Every dollar invested in Alzheimer's research brings us closer to breakthroughs in understanding, treatment, and, ultimately, a cure.

Yet, amidst the statistics and scientific advancements, let us not forget the human faces behind the numbers. Alzheimer's Awareness Month is an opportunity to extend compassion, support, and understanding to those navigating the complexities of the disease and their loved ones. It's a reminder that behind every diagnosis is a unique story, filled with courage, resilience, and love.



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# Empowering ADHD: Understanding, Support, and Acceptance



**In June, as we observe ADHD Awareness Month, it's crucial to understand the significant impact of Attention Deficit Hyperactivity Disorder (ADHD) on individuals of all ages. ADHD is one of the most common neurodevelopmental disorders, affecting millions of people worldwide. Despite its prevalence, there remains a lack of awareness and understanding surrounding ADHD.**

**Beyond its prevalence, ADHD can profoundly impact various aspects of an individual's life, including academic and occupational performance, social relationships, and overall well-being. Many individuals with ADHD face challenges such as difficulty in concentrating, impulsivity, and hyperactivity, which can significantly affect their daily functioning.**

**This month presents an opportunity to highlight the experiences of those living with the condition. It's a chance to dispel myths, challenge misconceptions, and advocate for greater support and resources. By fostering empathy and education, we can create a more compassionate and inclusive society for individuals with ADHD.**





# Pride: Celebrating Diversity and Advocating for Equity

Pride is not just about celebrating LGBTQ+ identity; it's about recognizing the inherent value and dignity of every individual, regardless of their gender identity or sexual orientation. It's about acknowledging the struggles that marginalized communities face and working together to create a more inclusive and equitable society for all.

During Pride, individuals can reflect on their own identity, experiences, and privileges, as well as learn about and empathize with the experiences of others. It's an opportunity to educate oneself, engage in meaningful conversations, and take action to support and uplift marginalized voices.

Whether it's attending Pride events, participating in advocacy efforts, or simply being a supportive friend or ally, there are many ways to honor Pride and contribute to the ongoing journey towards social justice, health equity, and mental well-being for all individuals.

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# Embrace Wellness: Local Free Events for June

Welcome to the June edition of our newsletter, highlighting exciting and free events happening in the DMV area this month! As we transition into a new month, we're thrilled to welcome you to a series of local free events aimed at promoting mental health awareness and well-being in our community. From engaging film screenings to supportive peer gatherings and revitalizing nature walks, these events offer invaluable opportunities to prioritize self-care, foster connections, and explore new avenues for personal growth.

## 1. **Dragonfly The Poetry Reading & Gallery Walk**

- Date: June 18th
- Location: June 20, 7 - 9pm
- Description: Join us as we celebrate the 2024 publication of Dragonfly arts magazine by bringing together incredible artists, poets and musicians for an evening of sharing, connection and joy.

## 2. **Rockville's Global Bites Fest**

- Date: June 22, 11 - 3 pm
- Location: Rockville Town Center, Rockville, Maryland
- Description: Experience a world of flavors with delicious dishes, live performances, cultural demonstrations, and interactive activities. Don't miss out on Foodie Functions, exclusive tastings, and more!

## 3. **PRIDE in the Park: Free Outdoor Comedy**

- Date: June 6, 6 - 9pm
- Location: Brookside Gardens, 1800 Glenallan Avenue Wheaton-Glenmont, MD 20902
- Description: MoCo's favorite comedy show is going all out for PRIDE! Improbable Comedy presents a great night of stand up with the best queer performers around for a great night of outdoor comedy. PRIDE in the Park is part of the Montgomery County Parks Department series of comedy in the parks.

## 4. **Cosmic Arcade Party**

- Date: June 22, 7 - 11pm
- Location: Smithsonian Arts Industries Building, 900 Jefferson Drive Southwest Washington, DC 20560
- Description: The Smithsonian marks the first Saturday of summer—Solstice Saturday—by staying open late and hosting programs and performances throughout the day and night.

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## Free Resources:

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### **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.

## Director's Corner...

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Each awareness topic this month strikes a cord within my spirit. They all remind me of the importance of how we manage and stay in tune with ourselves. It's crucial to take time every day to check in with yourself, ensuring that you're nurturing your well-being, staying true to your beliefs, and preserving your sense of self. Remember to prioritize maintaining a healthy balance in your life as you pursue your goals and aspirations.

**Erica Coleman CPRP Founder/ Director**

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