



FOTM

Families On The Move of New York City, Inc. (FOTM)

Yesterday, Today, Tomorrow...Families On The Move.



Welcome to The FOTM June Newsletter!



Summer is officially here, and June brings fresh energy, longer days, and exciting new opportunities. We're excited to share this month's updates, highlights, upcoming events, and inspiring moments with you. Whether you're planning, growing, or simply enjoying the season, we hope this

newsletter adds a little sunshine to your month.

Here's to a bright and beautiful June!

**Honoring
Fathers**

Everywhere

This month, we take a moment to celebrate and honor the fathers, grandfathers, mentors, and father figures who inspire us with their strength, guidance, and unwavering support. Your love, dedication, and everyday sacrifices make a lasting difference in the lives of those around you.



Wishing all the amazing dads a day filled with appreciation, joy, and special moments with loved ones. Thank you for all that you do — today and every day!

— JUNE IS —

MEN'S Mental Health MONTH

— —

STRONGER MINDS. STRONGER LIVES.

-  IT'S OKAY TO NOT BE OKAY
-  TALK OPENLY
-  PRIORITIZE YOUR WELL-BEING
-  YOU ARE NOT ALONE

Take care. Reach out. You matter. ♡

STRENGTH IS NOT ALWAYS PHYSICAL

IT'S OKAY TO ASK FOR HELP

YOUR MENTAL HEALTH MATTERS

BE KIND TO YOUR MIND

A stack of four smooth, grey stones on a wooden surface. Each stone has a message related to mental health. A green plant is visible in the background.



Celebrating Pride Month—A Time for Love, Visibility, and Equality

This June, we celebrate Pride Month by honoring the strength, diversity, and resilience of the LGBTQ+ community. Pride is a time to uplift every voice, embrace authenticity, and continue building spaces rooted in love, equality, and inclusion.

Together, we celebrate the freedom to be yourself, support one another, and stand proudly in a community where everyone belongs. Let's continue spreading kindness, acceptance, and respect — this month and every month



Honoring Juneteenth—A Celebration of Freedom and Resilience

Juneteenth, celebrated on June 19th, marks a pivotal moment in American history—the day in 1865 when enslaved people in Galveston, Texas, were finally informed of their freedom, more than two years after the Emancipation Proclamation. Today, it stands as a powerful reminder of perseverance, justice,

and the ongoing fight for equality.

As we honor this important day, we recognize the importance of education, unity, and continued progress toward justice and equity for all. Let us celebrate freedom, uplift voices, and continue building a future rooted in understanding, respect, and inclusion.

FOTM In The Community



Brooklyn NYCCC Campus Mental Health Awareness Month Symposium

The Brooklyn NYCCC Campus proudly hosted its Mental Health Awareness Month Symposium, bringing together community members, families, staff, and youth advocates for a day centered on wellness, support, and empowerment. The event highlighted the importance of open conversations around mental health while connecting attendees to valuable community resources and services.

In partnership with Boost Mobile, free smartphones were distributed to community families, helping bridge the digital divide and improve access to communication, healthcare resources, employment opportunities, and supportive services.

Representing the NYCCC Brooklyn Campus at the symposium were Associate Director Tina Gibbs, Family Advocate Coordinator Joseph Spicer, Youth Advocates Ruffy Peña Tavares and Essence Freeland, and Program Coordinator Carmen Cruz, whose dedication and engagement helped make the event a success. Staff connected with attendees, shared information about available programs, and encouraged families to prioritize mental wellness and community support.

The symposium served as a meaningful reminder that mental health matters and that through collaboration, advocacy, and community partnerships, we can

continue building stronger and healthier futures for Brooklyn families.

3rd Annual Staten Island Youth Mental Health Symposium

WELLNESS IN ACTION:


A Unified Approach to Youth & Community Mental Health

TUESDAY, JUNE 16 8:30 a.m. - 1 p.m.
College of Staten Island Building 1P Arts Center


An event for parents, agency partners, school personnel, community members, and youth

Learn how to support young people and their mental health
Build resiliency from early childhood to young adulthood

Partnerships for Community Wellness | New York State Psychiatric Institute | SPCNY | TYSA | STATEN ISLAND COMMITTEE FOR CHILD AND ADOLESCENT MENTAL HEALTH SERVICES SICCAMMS

Event Registration 

For Sponsorship Information contact: maralie@sipcw.org



FOTM at the 3rd Annual Staten Island Youth Mental Health Symposium

Families On The Move (FOTM) is proud to be tabling at the 3rd Annual Staten Island Youth Mental Health Symposium on June 16, 2026, at the College of Staten Island.

This important community event brings together youth, families, educators, mental health professionals, and advocates to promote awareness, connection, and access to mental health resources for young people across Staten Island.

Stop by the FOTM table to learn more about our programs, services, and ongoing efforts to support youth and families through advocacy, education, and community engagement. We look forward to connecting with attendees, sharing resources, and being part of the conversation around youth mental wellness and empowerment.



Celebrating Our Visionary Leader: Happy Birthday, Euphemia Strauchn-Adams!

This June, the entire FOTM family comes together to celebrate an extraordinary leader, visionary, and inspiration — our CEO, Euphemia Strauchn-Adams.

Your passion, resilience, and unwavering commitment to excellence continue to shape the heart and future of FOTM. Through your leadership, you have empowered teams, inspired innovation, and cultivated a culture rooted in purpose, creativity, and impact.

More than a CEO, you are a mentor, motivator, and champion for growth — constantly encouraging those around you to dream bigger and achieve more. Your vision has not only elevated our organization but has also touched the lives of everyone fortunate enough to work alongside you.

As we celebrate your birthday, we also celebrate the incredible legacy you continue to build every day.

From all of us at FOTM:

Happy Birthday, Euphemia!

May this new year bring you continued success, joy, health, and countless moments of inspiration. Thank you for your leadership, dedication, and the light you bring to our organization.

With appreciation and warm wishes,

The FOTM Team



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Celebrating Community & Connection

As we close out this month's newsletter, we want to thank everyone who continues to support, uplift, and strengthen our community. From celebrating important moments and raising awareness to connecting families with valuable resources, each event and interaction reminds us of the power of unity, compassion, and care.

We look forward to continuing this journey together — building healthier communities, creating meaningful connections, and making a positive impact every step of the way.

Wishing you a safe, joyful, and inspiring month ahead!

Community #SummerVibes #StayConnected

Kind regards,
Families On The Move of New York City, Inc.



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