



# MONTHLY NEWSLETTER

JULY  
2025

## Timely Happenings

“Freedom is not worth having if it does not include the freedom to make mistakes.”  
— Mahatma Gandhi

### Honoring Minority Mental Health

July is National Minority Mental Health Awareness Month, a time to focus on the unique mental health challenges faced by racial and ethnic minority communities.

At NEO Counseling Services, we honor and support the diverse experiences of our clients by fostering a space that is inclusive, culturally sensitive, and affirming. This month, we encourage open conversations, advocate for equity in mental health care, and remind everyone that seeking support is a sign of strength.

**J**ust believe.  
**U**plift others.  
**L**ove yourself.  
**Y**ou got this.

### Congrats Miara Noce!

Join us in congratulating Miara Noce, LPC, on completing her Gottman Level 2 training in couples counseling!

If you're interested in couples counseling, Miara would be happy to work with you.

### Free Local Events

*Community Cookout*  
July 16<sup>th</sup>, 3pm-6pm  
Memorial Middle School

Lake County Fair  
July 23<sup>rd</sup>-27<sup>th</sup>  
Lake County Fairgrounds

## Coping Skills in July

- Watch fireworks on a cozy blanket
- Enjoy a frozen treat
- Say no to something that drains you
- Set a 10-minute timer and tidy something
- Lie on your back and stare at the ceiling fan
- Put lemon or cucumber in your water
- Write "It's okay to rest" somewhere visible

## Upcoming Days

- National Ice Cream Month
- Social Wellness Month
- National Minority Mental Health Awareness Month
- Independence Day (July 4)
- International Self-Care Day (July 24)

## Client Reminders

- Many of our clinicians will be taking time off over the next few months. Booking ahead can help make sure you get the times that work best for you.
- Your client portal is a helpful tool to schedule and cancel appointments, check appointment days and times, and pay any balances.

## Contact Info

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