



MONTHLY NEWSLETTER

JUNE 2025

Timely Happenings

“ Keep your face always toward the sunshine—and shadows will fall behind you. – Walt Whitman ”

It's Pride Month!

June is Pride Month—a time to honor the LGBTQ+ community's rich history and ongoing journey toward equality.

LGBTQ+ individuals may face unique mental health challenges due to stigma, discrimination, and social stressors, which can impact their overall well-being.

NEO Counseling Services is proud to offer affirming and compassionate counseling for LGBTQ+ individuals, providing a safe space for personal growth and healing.

Ways to Cultivate Self-Compassion



SPEAK KINDLY
TO YOURSELF



ASK YOURSELF
WHAT YOU NEED



VALIDATE
YOUR PAIN



WRITE A SELF-
COMPASSIONATE
LETTER



REMEMBER
YOU AREN'T
ALONE



TREAT YOURSELF
LIKE YOU WOULD
TREAT A FRIEND

Free Local Events

Drive Thru School Market

June 6th, 3pm–5pm

Lake County Fairgrounds

Free groceries to Lake County residents, first come, first served (while supplies last)

Wildwood Arts and Wine Fest

June 21st, 12pm–5pm

Wildwood Cultural Center

Coping Skills in June

- Pick one hour each day to go screen-free
- Draw with sidewalk chalk
- Blow bubbles and watch them float
- Put your feet in cold water for 30 seconds
- Try a new fruit or smoothie recipe
- Watch a summer sunset or sunrise
- Have a mini water balloon toss

Upcoming Days

- PTSD Awareness Month
- Pride Month
- Men's Health Month
- Flag Day (June 14)
- Father's Day (June 15)
- Juneteenth (June 19)
- PTSD Awareness Day (June 27)

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.
- Please check in and pay any copays at your appointment, either at the front desk or with your clinician, to help avoid unexpected bills. Thank you!"

Contact Info

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