

# FAMILY RESOURCE

# NEWSLETTER

JULY 2024 ISSUE

## NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



Observed in July and aims to bring awareness to the unique mental health challenges that minority communities face. This month helps promote awareness, education and helps bring support to these communities.

→ NAMI: Mental Health Identity & Cultural Dimensions

→ Mental Health Association in NJ

## DISABILITY PRIDE MONTH

A time to celebrate the diversity and accomplishments of individuals with disabilities. The month is dedicated to help raise awareness, advocate and promote inclusivity.

← Division of Disability Services

→ Abilities of Northwest NJ

← LETS "B" SOCIAL

→ The Arc of Warren

← The Arc of Hunterdon

→ The Arc of Somerset

## INTERNATIONAL SELF-CARE DAY!

Falls July 24th! It is a day dedicated to promoting self-care, a day spent encouraging others to take care of their physical, mental and emotional well-being

→ Ellie Mental Health Self Care Activities

← Self-love meditation video

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# EVENTS & RESOURCES IN YOUR COUNTY!

## WARREN COUNTY

- 07/04: WASHINGTON FIREWORKS
- 07/16, 18, 23 & 25: EMPOWERMENT COACHING SERIES
- 07/21: HACKETTSTOWN STREET FAIR

## HUNTERDON COUNTY

- 07/03: FLEMINGTON FIREWORKS!
- 07/11: OUTDOOR BEDTIME STORYTIME
- 07/12: SOUND BATH MEDITATION

## SOMERSET COUNTY

- 07/03: FRANKLIN TOWNSHIP FIREWORKS
- 07/11, 18 & 25: MOVIES UNDER THE STARS
- 07/30: DISABILITIES SOCIAL HOUR



## SPECIALIZED CARE COORDINATION SERVICES

Provides assessment and linkage, for initiating youth and youth impacted by problematic sexualized behavior, to Trauma Focused Cognitive Behavioral Therapy and Cognitive Behavioral Therapy for Problematic Sexual Behavior (TF-CBT and CBT-PSB) services at no cost to families.

- SCCS in all three counties

## SOME SUMMER FUN ACTIVITIES FOR THE WHOLE FAMILY!

For those willing to travel click on the link below for FREE movies under the stars

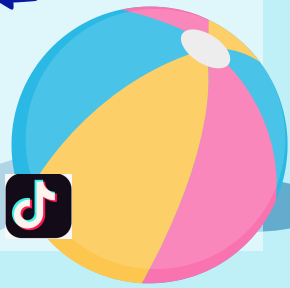
- Movies all around NJ



Do not forget to sign up for the Summer EBT Program in NJ



Summer EBT Program ←



# BOLETÍN DE RECURSOS FAMILIARES

JULIO 2024

## MES NACIONAL DE CONCIENTIZACIÓN SOBRE LA SALUD MENTAL DE LAS MINORÍAS



Observado en Julio para crear conciencia sobre los desafíos únicos de salud mental a los que se enfrentan las comunidades minoritarias. Este mes ayuda a promover la conciencia, la educación y brindar apoyo a estas comunidades

→ NAMI: Mental Health Education Classes

→ Mental Health Association in NJ

## MES DE ORGULLO POR LA DISCAPACIDAD

Un momento para celebrar la diversidad y los logros de las personas con discapacidades. El mes está dedicado a ayudar a crear conciencia, defender y promover la inclusión.

## DIA INTERNACIONAL DEL CUIDADO PROPIO!

Cae el 24 de julio! Es un día dedicado a promover el autocuidado, un día dedicado a alentar a otros a cuidar su bienestar físico, mental y emocional.

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← LETS "B" SOCIAL

→ The Arc of Warren

← Self-love meditation video

← The Arc of Hunterdon

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# RECURSOS Y EVENTOS EN SU CONDADO!



## CONDADO DE WARREN

- 07/04: WASHINGTON FIREWORKS
- 07/16, 18, 23 & 25: EMPOWERMENT COACHING SERIES
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## CONDADO DE HUNTERDON

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- 07/03: FRANKLIN TOWNSHIP FIREWORKS
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## SPECIALIZED CARE COORDINATION SERVICES

Proporciona evaluación y vinculación, para iniciar a los jóvenes y jóvenes afectados por el comportamiento sexualizado problemático, a los servicios de Terapia Cognitivo-Conductual Centrada en el Trauma y Terapia Cognitivo-Conductual para el Comportamiento Sexual Problemático sin costo para las familias.

- SCCS en los tres condados

## ACTIVIDADES DIVERTIDAS FAMILIARES DE VERANO

Para aquellos que deseen viajar, el enlace abajo es para ver películas GRATIS bajo las estrellas.

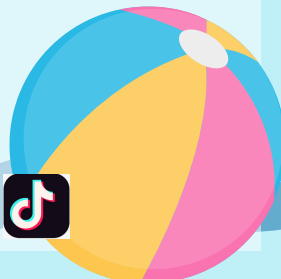
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