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Please email [hparmely@caadc.org](mailto:hparmely@caadc.org) with questions,



CAADC, Inc. would like to wish a Happy Father's Day to all the  
wonderful fathers in Delaware County.

**A good father is one  
of the most unsung,  
unpraised, unnoticed,  
and yet one of the  
most valuable assets  
in our society.**

|  
Billy Graham

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**HAPPY** Father's Day!



<https://en.wikipedia.org/wiki/Juneteenth>

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. It is also often observed for celebrating African-American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19 in various parts of the United States since 1865.

### Delco Juneteenth Events:

On June 19 from noon to 5pm there will be a Juneteenth celebration at the Veterans Memorial on Rt. 3 in Newtown Square.

On June 19, members of the Chester community will present a fireworks demonstration at 9:15pm at the Chester Waterfront on Seaport Drive. 100 cars will be permitted into the parking lot and residents can also view the display from their homes.

<https://www.delcopa.gov/publicrelations/releases/2020/juneteenth.html>

# Delaware County Free Events

**Delaware County, the Delaware County Veterans Memorial Association, and Taylor Made Vets**

*present*

Food  
Activities



Music  
Vendors

**A FREE MUSIC FESTIVAL**

*featuring*

**Dell-P**

and

**The Children of Adam Band**

**Rose Tree Park - 1671 N. Providence Rd. Media, PA**

**June 19, 2022, 1 p.m. - 5 p.m.**



# JUNE IS PTSD AWARENESS MONTH

## POSTTRAUMATIC STRESS DISORDER

There are currently 8 million people in the United States with PTSD. Anyone can have PTSD, but most do not get the help that they need.

The symptoms of PTSD may start later and come and go over time. If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing you problems in your life, then you may have PTSD.



## POSTTRAUMATIC STRESS DISORDER AWARENESS

To raise awareness of PTSD, there are many things that we can do. One key goal is to ensure our clients, family, and friends all have access to the necessary resources they need and that we spread the word that PTSD treatment is effective and beneficial.

## 5 FACTS ABOUT TRAUMA

*3% of the population will experience PTSD in their lifetimes*

*Women are twice more likely to suffer from PTSD than men due to sexual assault/trauma events*

*There are two types of trauma: Big T - any trauma that occurred due to life-threatening situation; Small t - events caused by non-life-threatening events*

*It is completely normal and healthy to experience shivers and trembling after a traumatic event as the body's way to release all excess adrenaline.*

*Many people can develop PTSD simply because they heard or witnessed someone else going through a traumatic event.*

HAPPY  
**PRIDE**  
**MONTH**

<https://nationaltoday.com/pride-month>

June is LGBTQ Pride Month! Pride month is to celebrate the LGBTQ community. It is celebrated as a tribute to those who were involved in the Stonewall riots.

<https://www.visitphilly.com/things-to-do/events/lgbt-pride-march-and-festival>

This year is the 50th Anniversary of the Pride Parade in Philly!

The parade begins at 11 am on June 5! There will be smaller community events June 3-5!

Go to <https://www.phlpridecollective.org/> for a list of events happened that weekend!



U.D.T.J. PRESENTS:

# UPPER DARBY PRIDE FESTIVAL

Age-inclusive activities, LGBTQ+ businesses and organizations, music, DJ, dancing, face painting, drag performances, musical performances, and much more.  
Admission is free.

**SATURDAY JUNE 11TH, 2022**

FESTIVITIES BEGINS AT 1PM - 5PM AT UPPER DARBY HIGH SCHOOL  
601 N LANSDOWNE AVE, DREXEL HILL, PA 19026

[WWW.UDTJ.ORG/UDPRIDE2022](http://WWW.UDTJ.ORG/UDPRIDE2022)

# \* MENTALLY READY \*

By Gregory Woznicki, M.Ed., CCS-CTS

Greg is the Mental Health Case Manager / Specialist at the Life Center

## A MENTAL HEALTH BUDGET

When we think of budgets, we think of money, bills, and planning. Let's face it, a lot of stress too. However, planning for what is coming up within the immediate month, looking at the next 3 months of what is and may come up, as well as the next six months will help your mental health. Years ago, I procrastinated and blew off looking at my income and expenses, figuring it would work itself out and stay in the positive at the end of the month. I relied on other people to do it and I coasted along. Then my life changed, family dynamics changed, job changed, living changed, it all changed! Stress went up, anxiety was daily, panicked when a bill showed up, and lived paycheck to paycheck when ultimately I didn't have to. But I *thought* I had to.

Enter the spreadsheet - using Excel, lined paper, or neatly line up everything on plain paper. It was scary to start. My brain hurt. I wrote down all my regular monthly bills by when they showed up (ex: Verizon 12th, PECO 18th, etc.), regular income on the exact dates it comes in, and started with that. Gas receipts, a quick McDonalds drive thru, bank fees, even a \$2.59 drink from Wawa - all entered into this budget. I even looked at birthdays, when my car might needed registration, and other things that will happen but not monthly. I gained a grasp on not only my finances, but knowing what is coming, and **minimizing the fear of uncertainty**. You slowly become proactive and not reactive. At the end of each pay cycle, I compare my numbers to the bank's and balance it out. *As much as it's my financial budget, it's my mental health budget.*

I've done this detailed planning for three years now. I compare months, what was spent, what popped up, did I spend too much last month on non-essentials? Sure, budgeting will always be a chore, but consider the short term scramble to become super specific and the long term relief of knowing where you are and where you're going. That is a priceless feeling.

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## MENTAL HEALTH ALLIANCE

We need your input! CAADC is happy to announce our new initiative, the Mental Health Alliance (MHA). It's a team of staff from **any** CAADC programs that come together once a month to share best practices, strategies, and provide CAADC's mental health expertise for those we serve and ourselves! Any staff member that is interested should contact

Greg at [gwoznicki@caadc.org](mailto:gwoznicki@caadc.org).

Hope to hear from you!

# We must take more than a minute of silence!



- ◆ Only five months into 2022, more than 17,000 people, including 650 children, have been shot and killed in the United States.
- ◆ Nearly 41,000 people are killed by gun violence every year in the United States on average, according to the organization Everytown for Gun Safety, translating to 111 victims every day.
- ◆ Since the beginning of 2022, at least 17,199 people have been killed by guns, according to a count by the Gun Violence Archive.
- ◆ Last year, 1,560 children were killed and more than 4,000 wounded.

<https://about.rte.ie/ie/helplines>