



Combined Communities Thrive

Summer Fair

June 2024 Newsletter
Issue VI

DJ-MUSIC
SNOWBALLS
BOUNCE HOUSE
FACE PAINTING
CLOWN/BALLOONS
FREE HEALTH SCREENINGS
YOUTH SAFETY POP-UP



Wednesday
06.12.2024
10AM-2PM

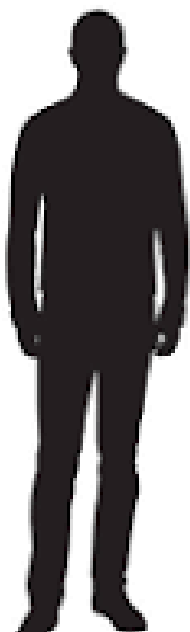
Douglass Park
Roosevelt & California
Chicago, IL 60608



Compassionate Mental Health Care for the Residents of
East and West Garfield Park, Near West Side, and North Lawndale Communities

Visit Our Website

www.encompassingcenter.org



Throughout June, Men's Health Month focuses on improving the lifestyles of men. While there are several approaches to improving overall health, diet and exercise are the targets of any changes.

JUNE IS NATIONAL MEN'S HEALTH MONTH

Did you know June is National Men's Health Month?

According to, KU Medical Center, the purpose of Men's Health Month is to get us talking and encouraging men to focus on preventable health problems such as cancer, heart disease and stroke. Men are also susceptible to sex-specific medical conditions such as prostate and testicular cancer.

In the United States, men live an average of six years less than women. Biological and genetic issues explain some of this health disparity. But men die at younger ages than women regardless of age, so this is not just an "old

age" problem. More men die of cancer, diabetes, suicide, motor vehicle accidents and COVID-19 than women.

Men's Health Month started in 1994 when Kansas Senator Bob Dole introduced a bill that was passed by Congress to bring awareness to early detection and treatment of health conditions in men.

Since 1994, many health problems in men have only become worse. Obesity, diabetes and arthritis are more common in men now than then. Though men live longer now than they did 1994, they also live sicker than they did then. .

Think about your total well-being. Here are some focus areas for men:

- **Take care of your heart:** Even if you don't have symptoms, men are at greater risk for heart disease. Make sure to get your blood pressure checked.
- **Get screened:** Getting checked for colorectal cancer becomes more important as you grow older. Recommended screenings begin at age 45.
- **Recognize your feelings:** Depression affects both men and women, but men are less likely to talk about their feelings or get treatment. Know the signs and talk to your doctor with concerns.
- **Reach out to friends:** Friends are often tied to common interests like a hobby, sports, raising children or jobs. That means they can change over time, making them harder to keep. Make time for others even if it's virtually. Friendships can have a positive impact on your health.
- **Stay involved:** Find your passion. Talk to people who share your interests, learn a new skill, go back to school or find other ways to help people in your community.

Be fiscally fit: Plan for your future and invest each month in a retirement savings plan. Even a small amount adds up over time.





JUNE IS PRIDE MONTH

Pride Month in June is a time to celebrate the LGBTQ+ community and allies, but it's also an opportunity to recognize the unique mental health challenges they face. Some say that Pride Month celebrations can provide a mental health boost for LGBTQ+ people through social companionship, public affirmation, and finding meaning in their identity and values.

However, LGBTQ+ Americans have faced many challenges in recent years, including anti-gay and anti-transgender actions by state and local governments, laws that target LGBTQ+ people, and the COVID-19 pandemic. According to the Substance Abuse and Mental Health Services Administration, 41% of LGBTQ+ young people seriously consider suicide, and 56% of LGBTQ+ youth who want mental health care are unable to get it.

JUNE IS PTSD AWARENESS MONTH

Signs & Symptoms: PTSD

- Efforts to avoid thoughts
- Avoids activities
- Poor memory
- Anhedonia
- Feeling detached
- Feeling 'flat'
- Sense of a foreshortened future
- Flash-backs
- Difficulty with sleep
- Irritability
- Outbursts of anger
- Hypervigilance
- Difficulty concentrating
- Exaggerated startle response
- Intrusive thoughts

Adapted from DSM-IV-TR (2009) p.468.

GRACE AT JERUSALEM C.D.C. HUGS MINISTRY, HOSPITALITY MINISTRY R&B JUSTICE PRESENTS

THE WESTSIDE HOUSE HEAD FESTIVAL BLOCK PARTY

CELEBRATING THE 40TH ANNIVERSARY OF HOUSE MUSIC

THE KING OF HOUSE MUSIC

FREE

FEATURING

FARLEY

JACKMASTER FUNK

RockNation Band

TONI Preckwinkle Cook County Board President

YOLANDA MORRIS

BRING YOUR FAMILY. BRING YOUR GRILLS. LIVING, LAUGHING AND LOVING TOGETHER

JUNE 21ST 2024 TIME 4:00 TO 9:00 P.M.

1457 SOUTH KENNETH CHICAGO ILLINOIS 60623

PASTOR MARVIN HUNTER - CEO

VOLUNTEER WITH US!

We need volunteers to prepare this community space for the season!

REGISTER



June 8th | 10 a.m. - 1 p.m.

Douglass Branch Library Community Garden
3353 W. 13th Street

NHS State Farm



GROWSS MONIQUE SCOTT RIOT FEST NLCC COLLINS



Barbara Deer
Executive Director
Juneteenth Illinois, NFP

Dennis Deer
Committee Chair
Commissioner 2nd County District

SAVE THE DATES

JUNETEENTH CELEBRATION

2024

SCHOLARSHIP RECEPTION

FRIDAY, JUNE 14, 2024
540 WEST MADISON

EDUCATIONAL PANELS

HEALTH • WEALTH • JUSTICE • EDUCATION
BREAKFAST • RESOURCE FAIR • BLOOD DRIVE

SATURDAY, JUNE 22, 2024
MALCOLM X COLLEGE - 1900 WEST JACKSON

Cook County Juneteenth Planning Committee

For additional information please contact Cook County Commissioner Dennis Deer deerdistrict2@gmail.com
VISIT WWW.JUNETEENTHILLINOIS.COM

NEW LANDMARK M.B. CHURCH

LANDMARK COMMUNITY HEALING RESOURCE CENTER

INVITES YOU TO A

HEALING Breakfast

JULY 13
AUGUST 10TH
SEPTEMBER 14

OCTOBER 12
NOVEMBER 9
DECEMBER 14

**JOIN US EVERY 2ND SATURDAY
EACH MORNING 9:00 AM - 11:00 AM**

FOR ANYONE WHO IS EXPERIENCING TRAUMA OR LOSS OF A LOVED ONE,
ESPECIALLY DUE TO GUN VIOLENCE

NEW LANDMARK M.B. CHURCH
2700 WEST WILCOX ST., CHICAGO, IL 60612
FOR MORE INFORMATION: MAZELL SYKES 708.737.2535

LIVEFREE ILLINOIS



Breakthrough

VOLUNTEER INFO & ORIENTATION BREAKFAST

Sat, Jun 8, 10-11:30am

**Breakthrough FamilyPlex
3219 W. Carroll Ave**



NLEN'S ANNUAL SUMMER

HIRING & RESOURCE FAIR!

THURSDAY, JUNE 20TH | 11AM-3PM

1111 S. HOMAN AVE

Visit The Encompassing Center's website at encompassingcenter.org.
You can also submit a self-referral through the website.



West Side Mental Health Services

The Encompassing Center Provides:

- Individual, Couples, Family, & On-Site School-Based Counseling Services
- Case Management
- Trauma-Informed Training and Education/Community Partnership
- Specialized Services: Anger Management, Parent Coaching, Peace Circles

REFERRALS CAN BE MADE ONLINE:

<https://encompassingcenter.org/contact-us/>

**Residents of East and West Garfield Park, Near West Side, and
North Lawndale communities**

FOR MORE INFORMATION CONTACT

The Encompassing Center
3019 West Harrison St.
Chicago, IL 60612

(773) 638-5703 or (312) 723-8679



Website: encompassingcenter.org

*Services are rendered by Catholic Charities only as the clinical services provider



Please Contact Program Director, JENNIFER SMITH, 312-320-6363 or
jesmith@catholiccharities.net for materials about our services at your site.