

WAVE OF WELLNESS (WOW) NEWSLETTER



Mental Health
Association

LOVE
LOVE
LOVE



June is Pride Month!

In June, we celebrate and recognize Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month in honor of the 1969 Stonewall Uprising. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history; locally, nationally, and internationally.

To read More click [here](#).

Resources:

[LGBTQIA+](#)

[Resource list](#)

[Its Pronounced](#)

[Metrosexual](#)

[The Trevor Project](#)

[Atlantic County](#)

June is **MHANJ'S WALK FOR WELLNESS & RECOVERY!**

The Mental Health Association in Atlantic County is proud to contribute to this walk by starting a donation page! Support us by making a donation to our team. The process is fast, easy, and secure... and you can be sure that it will benefit a great cause!

Together we are stronger, our voices louder and the synergy of our actions more powerful. YOU can help!

Click here to donate!



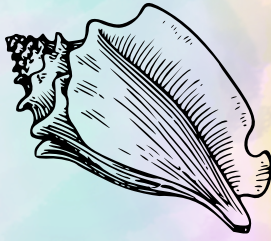
609-652-3800



MHAAC.INFO



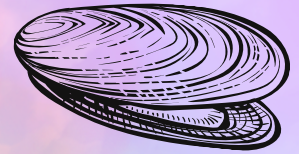
MHAAC@MHANJ.ORG



What's NEW?



Mental Health Association in Atlantic County



The Mental Health Garden!

Our garden is a safe space to share loving-kindness towards your wellness and others'. You may contribute to this rock and shell garden by placing your painted rock or shell in our garden or moving an object elsewhere for someone to find. Our goal is to spread mental health awareness one rock or shell at a time!

Scan or click or more resources:



4 East Jimmie Leeds Rd., Suite 8, Galloway, NJ 08205

www.mhaac.info
609-652-3800



Check out how MHA Atlantic's Living in the Moment contributed to our Mental Health Garden!



Bree's Waves of Wellness



June 19th, 2024 is Juneteenth!

Juneteenth National Independence Day, is a federal holiday in the United States. It is celebrated annually on June 19 to commemorate the ending of slavery.

For more info. Click [here](#).



**Additional Resources
Click [Here](#).**

Did you know?

- Juneteenth is the longest running African American Holiday.
- The colors are adopted from the Pan-African Flag.
- It was traditionally celebrated with signing rituals, prayer meetings and story telling.

For more facts click [here](#).



May's Mental Health Month



Remember this t-shirt design? Here's how they turned out!

It's not too late to purchase one ;) [click here](#)



We are proud to be stigma free!



On May 29th, 2024, the **Stigma Free Atlantic Collaborative** held a breakfast to honor this year's Stigma Free Champions. Hosted by Stockton University, the campus center came alive with 175 guests representing 46 municipalities, schools, churches, and mental health and substance use organizations. Together we celebrated our guests for their passion and dedication towards the destigmatization of mental health and substance use disorders. **Jared Lombardi** passionately shared his personal story and how he has turned his journey into his life's work of helping others. The event raised over **\$1,100** that will be used for further education materials to help make Atlantic County Stigma Free!

Check out our website or the Atlantic Stigma Free Facebook page for more information!

INTELLECTUAL *Wellness*

Intellectual wellness is defined as recognizing one's creative abilities and finding ways to expand knowledge and skills.

What does Intellectual Wellness Include?


- Being a lifetime learner
- Engaging in books, articles, or other content that interests you
- Exploring public/community events
- Focusing on your skills and learning new ones
- Being able to develop, analyze, problem solve, and more
- Challenging yourself mentally (e.g. challenging puzzles, learning a new language, learning a new instrument)
- Having a positive self-image
- Using your creative abilities
- Exercising critical thinking skills

Intellectual wellness encourages learning. It is important to explore new ideas and understandings in order to become more mindful and better-rounded.



Resources

[General Education](#)
[University of New Hampshire](#)
[Stride For Better Mental Health](#)
[Developing Intellectual Wellness TED Talk](#)

 609-652-3800

 mhaac.info

 mhaac@mhanj.org

JUNE

IN-PERSON GROUPS

2024

Got Stress

**WEDNESDAY
9AM - 10AM**

John Brooks Recovery Center
660 Black Horse Pike, Pleasantville, NJ 08232

For more info, please contact Emily McCall (emccall@mhanj.org).

FRIDAYS 10AM - 11AM
Mental Health Association in Atlantic County
4 E Jimmie Leeds Rd #8, Galloway, NJ 08205

Living in the Moment

Better Together

**WEDNESDAYS
9:35 AM - 10:35AM**

Adult Acute Partial Care Program
400 Chris Gaupp Dr, Galloway, NJ 08205

This is a closed group. For more info, please contact Ashleigh Zappala (azappala@mhanj.org).

Please contact Yvonne Tran for more info
609-652-3800 ext. 0306
ytran@mhanj.org

Since 1983
Individuals Concerted in Effort
Wellness Program



For more information visit our website:

mhaac.info

During Men's Health Month,
we proudly recognize these dedicated
staff and volunteers



*Page Inspired By
Beth Wade*

*Mike Butterworth
Alan Esquite-Hernandez
Seth Edwards
Randy Elfenbein
Mike Leotis
Scott Whittle
Mike Lefanto
Max Eisenman
Ryan J. (not pictured)*



With gratitude to all the male staff of United By Wellness who provide support, encouragement, and inspiration while facilitating and co-facilitating dozens of groups.

***WE CAN'T COUNT THE
NUMBER OF LIVES
THEY TOUCH***

Mental Health Month for Men