



Dallas County and Collin County Summer Events!

Dallas County:

On August 4, Help Me Grow North Texas will host a community event at Bachman Lake Together. This will be an opportunity for families to receive some goodies alongside some valuable information about Help Me Grow North Texas.



Collin County:

There will also be an event for families in the Collin County area on August 2 at Old Settler's Park in McKinney. Families will enjoy food, live music, an upgraded playground, games, and more! Those that attend will also learn more about how Help Me Grow North Texas may assist their family and community!



New Trainings Alert!!

On July 18, 5 new trainings will be available on Teachable:

1.) Understanding Autism Spectrum Disorders

2.) Developmental Screening and Why It's Important

3.) Pandemic Trauma: Now What?

4.) ACEs 101: introducción a las Experiencias Adversas en la Infancia

5.) Parent's Light: Your Role in Developmental Promotion, Screening, and Access to Services



Visit the Teachable website or click [here](#) to access all trainings. If you would like to submit a training click [here](#).

July Awareness!

Juvenile Arthritis Awareness Month:

Juvenile arthritis and pediatric rheumatoid diseases affect around 300,000 children and teens in the U.S. July is Juvenile Arthritis Awareness Month. Juvenile arthritis can affect the eyes, skin, and gastrointestinal tract. How can we observe Juvenile Arthritis Awareness Month? 1.) Read/Learn about Juvenile Arthritis 2.) Raise Awareness 3.) Host a Community Event.

- If you would like to learn more about juvenile arthritis, the CDC has compiled resources and information spanning from medical care to support groups and camps. Visit [here](#).

Minority Mental Health Awareness Month:

July is also minority mental health awareness month. During this month, we are asked to recognize mental health issues in minority groups. As we raise awareness, the goal is to destigmatize mental illness in racial minority groups as these groups have been shown to have higher reported rates of depression, anxiety, PTSD, and other mental health disorders which can be exacerbated by economic conditions, education levels, and/or access (or lack thereof) to public health benefits. The National Child Traumatic Stress Network has identified various literature that delves into trauma informed care, identifying disparities, and interventions. Check it out [here](#)!

Other Important Dates in July:

July 4: Independence Day

July 7: International Peace & Love Day

July 18: Global Hug Your Kid Day

July 24: National Parents' Day

