

HELP ME GROW NORTH TEXAS NEWS

[Sign The Help Me Grow Partnership Pledge Here](#)

BIPOC Mental Health Month

July is National Minority Mental Health Awareness Month, also known As BIPOC (Black, Indigenous, People of Color) Mental Health Month. The theme of Mental Health America's 2023 BIPOC Mental Health campaign is Culture, Community, & Connection. As individuals, our lives are deeply intertwined with our environments, and these surroundings impact our mental health and overall wellness. This month brings awareness to the barriers and adversity that the BIPOC community disproportionately faces, and has historically faced, while attempting to thrive and develop connection within their communities.

BIPOC communities are rooted in **collectivist cultures**, which recognize that each person's health and wellness is deeply interconnected with their community's.



These systemic barriers have led to increased rates of suicide, depression, stress, crime, in addition to less access to green spaces, increased likelihood of environmental toxins, less financial ability, poor overall health outcomes within the BIPOC community. Though it is important to recognize the current and historical barriers, it is equally imperative to highlight the strengths and protective factors of this demographic such as strong familial bonds, community pride, and the use of community care practices.

In an effort to build mentally healthy communities, it would be largely beneficial to develop a foundation of psychological safety where families and children are safe and free to learn, contribute, and challenge the status quo. Culture, community, and connection are pillars that support and uplift BIPOC individuals when the dangers of oppression and systemic racism threaten the environments where BIPOC individuals live, work, play, and thrive. View the BIPOC Mental Health Toolkit from Mental Health America [here](#).

NO ONE KNOWS A COMMUNITY BETTER THAN THOSE WITHIN THE COMMUNITY ITSELF.

In order to move toward a more mentally healthy future, **community-led action** must be prioritized and sustained.



Help Me Grow National Forum Week 2023

CHOOSE FROM TWO DIFFERENT OFFERINGS OR JOIN US FOR BOTH

IN-PERSON SUMMIT - OCT 11-13 VIRTUAL EVENT - OCT 17

Registration for the Help Me Grow National Forum is now open! Join us for 3 (October 11-13) days filled with collaboration, community, fun, and knowledge! There are registration options for the in-person summit and the virtual summit (October 17) as well. The in-person summit will focus on, 1.) Coalition-Building, 2.) Measurement for Equity, 3.) Targeted Universalism, 4.) Sustainability Funding, 5.) Collective Impact, & 6.) Strategic Planning. The online summit will also feature highly informative sessions from Help Me Grow systems across the nation! During the in-person summit, your Help Me Grow North Texas team, subcommittees, and family partners are also excited to show you our growth and achievements over the past 4 years, in addition to having discussions about what we hope to achieve with your collaboration in the future! Visit helpmegrownational.org for more information and register [here](#)!



Help Me Grow
National Forum



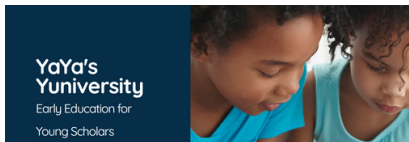
[HELPMEGROWNORTHTEXAS.ORG](https://helpmegrownorthtexas.org)

Community Partner Spotlight



Yaya's Yuniversity is an early childhood education center in Waxahachie dedicated to cultivating a quality learning environment designed around allowing their scholars to excel at everything they do. YaYa's Yuniversity prepares scholars to not only achieve their goals, but dream big and strive to become the best version of themselves in the process. Yaya's Yuniversity believes that quality education begins at home, thus fosters an environment and standard of family engagement and support for a well-rounded educational experience for children.

Visit [here](#) to learn more and enroll today! Thank you Yaya's Yuniversity for being a Help Me Grow North Texas Partner!



Disability Pride Month



July is Disability Pride Month! On July 26, 1990, the Americans with Disabilities Act (ADA) was signed into law.

This law prohibits discrimination against people with disabilities and is celebrated as part of Disability Pride Month. This was a momentous event in history, yet there is still advocacy within our communities and on a systems level to be done for our children and families with disabilities to live and to thrive. Disability pride emerged in response to promote human rights, to dismantle personal and systemic bias, and to challenge negative and harmful stereotypes projected onto individuals within the disability community. Advocacy can start with knowledge and connection. Check out these community programs that may assist through resources, advocacy, and information sharing!

[The Warren Center - Easterseals](#)
[The Arc - Partners Resource Network](#)



Make a Difference to Children Month

Make A Difference to Children Month allows us to bring awareness to the importance of supporting, guiding, and advocating for children as they grow and navigate life. This awareness month was specifically designated to highlight the issues, barriers, and challenges children can and may face throughout childhood that can negatively affect their livelihood and development including, but not limited to, child labor, abuse, human trafficking, and poverty. Investing in the overall wellbeing (mental, physical, physiological, etc.) of all children does not solely provide a lasting affect on each individual child, but also our communities as a child. This investment can take a multitude of forms, all of which are crucially significant in their own right. Together, we are able to continue to advocate for the safety, wellbeing, growth, and advancement for all children. Through our individual work and collaboration, we are able to affect systems and begin to build a better future for our children. Thank YOU for making a difference to children!

There can be no keener revelation of a society's soul than the way in which it treats its children. -Nelson Mandela-

Important Dates in July:

- July 1-31: [Cord Blood Awareness Month](#)
- July 1-31: [Juvenile Arthritis Awareness Month](#)
- July 21: [Craft for Your Local Shelters Day](#)



Employment Opportunities

- [Child Care Group Careers](#)
- [My Health My Resources Careers](#)
- [United Way of Metropolitan Dallas Careers](#)

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