

# June

## Renewal Counseling & Wellness

### June Spotlight: LGBTQ+ Mental Health

This month, RCW is highlighting the importance of LGBTQ+ mental health and the value of creating safe, supportive, and inclusive spaces for all individuals. Members of the LGBTQ+ community often face unique challenges that can impact mental well-being, including discrimination, stigma, and lack of support.

Everyone deserves to feel seen, heard, and accepted for who they are. By encouraging open conversations, showing kindness, and supporting one another, we can help create a stronger and more compassionate community.

This Pride Month, let's continue promoting awareness, inclusivity, and mental health support for all. You are valid, you are valued, and you are never alone.

### Welcome & May Highlights

·Welcome back! As we step into June, we're excited to reflect on a meaningful and impactful May. Throughout the month, we were able to celebrate Mental Health Awareness Month by creating uplifting decorations and putting together goodie bags to help spread positivity, encouragement, and awareness throughout our community. We also hosted our Spring Cleaning Drive, which brought people together to give back and support those in need. May was filled with connection, growth, and meaningful moments, and we are so grateful to everyone who participated, donated, and helped make these initiatives possible. We look forward to continuing this momentum and creating an even greater impact in the months ahead.

### Follow Along This Summer

Looking for more mental health resources, wellness reminders, community updates, and upcoming events? Follow @rcwcare on Instagram to stay involved and see what RCW is up to throughout the summer!



### Create Your Summer Playlist

Music can be a great way to boost your mood, relax after a stressful day, or make everyday moments feel a little brighter. This summer, challenge yourself to create a playlist filled with songs that make you feel calm, motivated, nostalgic, or happy.

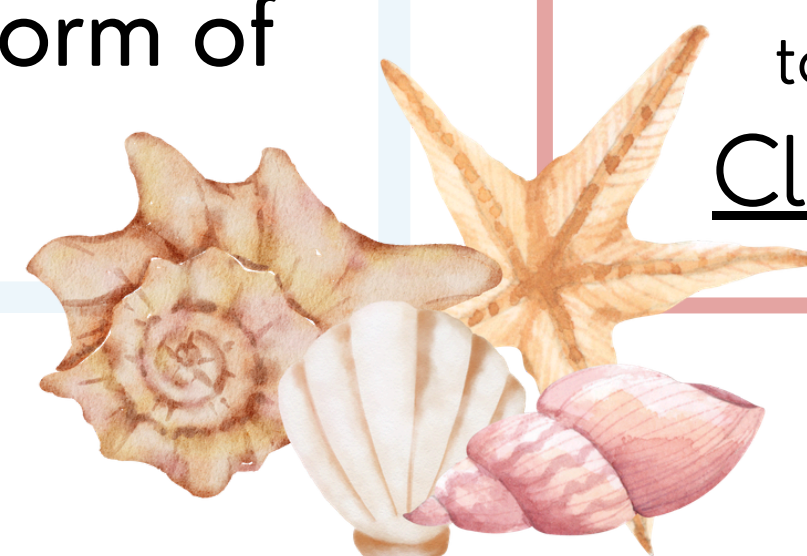
Whether it's for a beach day, late-night drives, workouts, or relaxing at home, having music you enjoy can be a simple form of self-care.

### Client Corner

We want to hear from you! Client Corner is a space where we share stories, highlights, and feedback from our amazing clients. Whether it's a recent success, a favorite quote, or a special moment, this is your chance to be featured in our upcoming newsletters.

If you'd like to share, simply click the link below to submit your story—we can't wait to spotlight your experiences!

[Client Corner Submission](#)



## Men's Mental Health Spotlight

Mental health affects everyone, yet many men feel pressure to stay silent about stress, anxiety, burnout, or emotional struggles. This June, RCW wants to remind our community that asking for help is not weakness, it's strength.

Checking in on friends, opening up about emotions, and prioritizing mental wellness are important steps toward breaking the stigma surrounding men's mental health. No one should feel like they have to carry everything alone.

Support starts with conversation.

### Resource Roundup:

Looking for simple ways to stay connected, active, and engaged this summer? Fairfax County offers a variety of free community resources and events that are great for adults, families, and students alike.

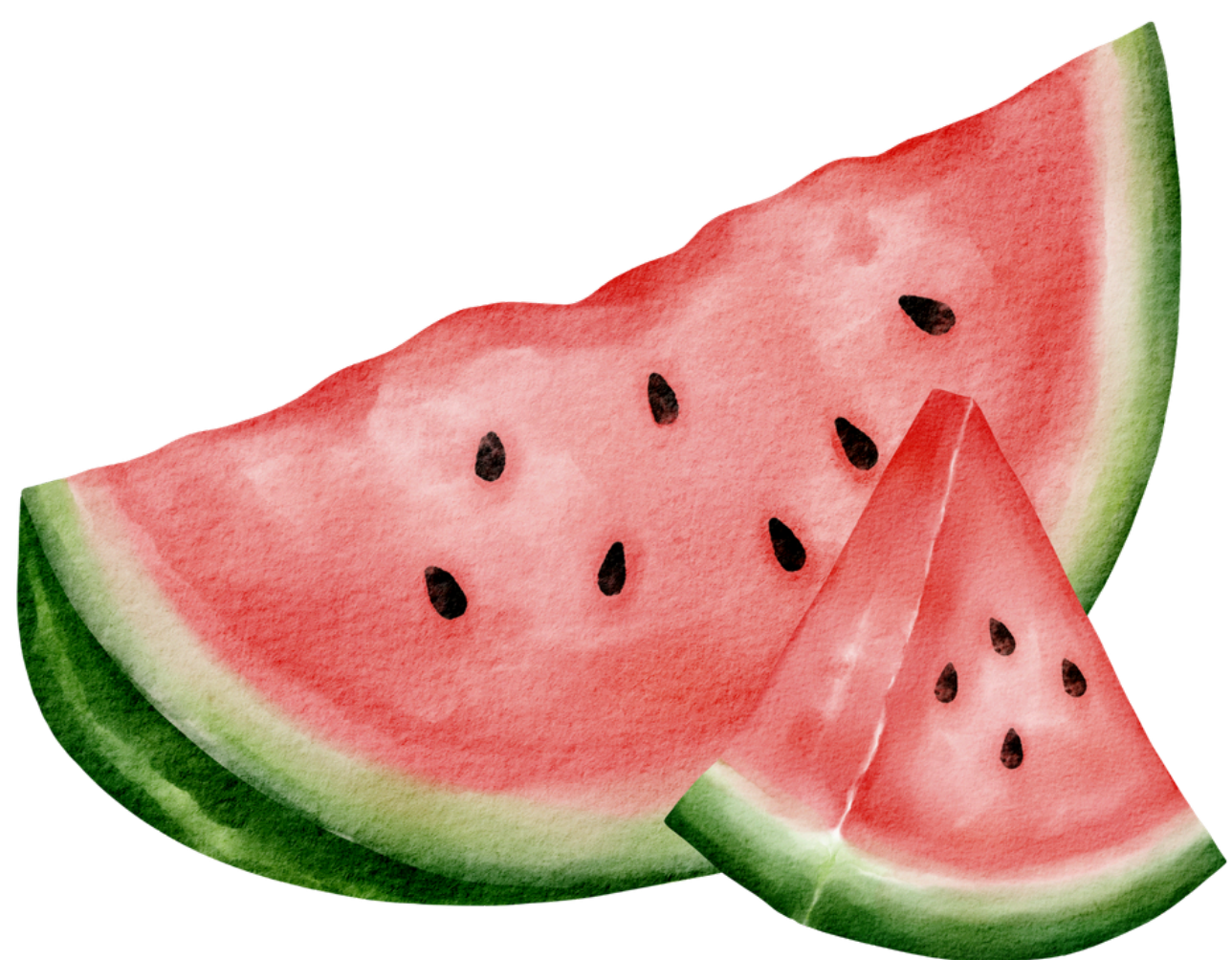
Local libraries offer more than just books, many branches host free workshops, wellness events, book clubs, creative classes, and community programs throughout the summer.

From farmers markets and outdoor concerts to local parks and walking trails, summer is a great time to spend time outside and recharge mentally and physically.

Many library branches and community centers also offer free classes, volunteer opportunities, and educational programs for adults looking to explore new hobbies or connect with others in the community.

For local events and library calendars, visit:

Fairfax County Public Library Events →  
[fairfaxcounty.gov/library/events](https://fairfaxcounty.gov/library/events)



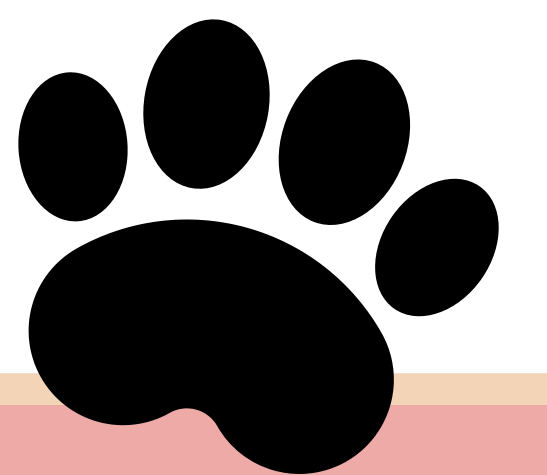
## June Upcoming Events

This June, RCW is proud to support the Humane Society of Fairfax County through our Animal Rescue Drive!

Throughout the month of June, we will be collecting donations to help provide comfort, care, and essential supplies for animals in need.

Requested donations include pet food and treats, blankets and bedding, toys, cleaning supplies, paper goods, office supplies, and more. Donations can be dropped off at the office anytime between June 1st and June 30th.

We are so excited to come together as a community to support local rescue efforts and make a positive impact for animals waiting for loving homes. Thank you to everyone helping us spread kindness this month!



### Stay Connected

We'd love to stay connected beyond the newsletter! Follow us on social media for helpful resources, updates, and ongoing encouragement:

Instagram: @rcwcare

Facebook: RCW Virginia

If you're interested in scheduling an appointment—virtual or in person—the quickest way to reach us is by emailing [info@rcw.care](mailto:info@rcw.care). You can also visit our website to learn more about our services.

Please remember that email and social media are not confidential platforms. To protect your privacy, we encourage reaching out through our secure channels when discussing personal or care-related concerns. As always, we invite you to lead with self-compassion. Healing is not linear, and taking things one step at a time is more than enough.