



MONTHLY NEWSLETTER

Welcome to our June newsletter! This month, we celebrate both Pride Month and Men's Health Month. At Improving Lives, we are dedicated to advocating for mental health across all communities, promoting inclusion, and raising awareness for everyone's mental well-being.

MENS HEALTH MONTH

Men's mental health is a critical issue. Around 1 in 5 men experience mental health challenges, and men account for 75% of all suicides. It's essential to break the stigma and promote open conversations about mental well-being.

**FIND MORE RESOURCES AT
WWW.IMPROVINGLIVESUS.ORG**



FREE DBT MONTHLY TRAINING

Our free DBT skills training helps to develop effective strategies for understanding and managing your teenagers emotions. It will take place at our facility, 7171 SW 62 AVE, Miami, FL 33143 on 6/22/24 from 9am to 11am.

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