Hello Northeasters, and **happy June**!

We had an awesome month this past May, and we look forward to relaxing this June. More on that in a moment.



May was Mental Health awareness month, and at our regional meeting and the drop-in we touched on the importance of seeking help and talking about problems.

At our regional meeting, we talked about the work members of our community have done for the DPPC with regards to a new self-care app, along with future opportunities to work with MASS in individualized SALS courses. We also played some games, including a summer trivia game or two.



The next regional meeting will be on the 17th of July from 4pm-5:30pm. This means we will be taking the month of June off. **Officers of the Northeast are still obligated to come to the officer's meeting on June 12th, from 4pm-5pm.**

Thank you all for your attendance in these meetings, they mean the world to us at MASS and me personally.
Sam Muench

