



NEWSLETTER

WWW.PROJECTFRONTIER.ORG

JUNE 2026

HEALING, HOPE, AND COMMUNITY

PTSD AWARENESS MONTH

June shines a light on Post-Traumatic Stress Disorder (PTSD), a condition that can develop after someone experiences or witnesses a traumatic event. PTSD is often associated with military veterans, but trauma can affect anyone — children, parents, first responders, survivors of abuse, individuals involved in accidents, or those navigating grief and loss.

PTSD can affect both the mind and body. Some people experience anxiety, nightmares, flashbacks, difficulty concentrating, irritability, or emotional numbness. Others may constantly feel “on alert,” avoid certain places or conversations, or struggle with sleep and relationships. Symptoms can appear shortly after a traumatic event or even months and years later.

One challenge with PTSD is that it is not always visible. Someone may appear fine on the outside while quietly carrying overwhelming stress internally. Because of this, many individuals suffer in silence or hesitate to seek help due to fear, misunderstanding, or stigma surrounding mental health.

JUNE 27



Summer is finally here — bringing longer days, family gatherings, community events, and opportunities to slow down and reconnect. June is also a meaningful month for mental health awareness, as it is recognized as PTSD & Trauma Awareness Month. While these conversations can sometimes feel heavy, awareness creates understanding, and understanding helps people feel less alone.

Mental health challenges often happen quietly and invisibly. Many individuals and families carry experiences that shape how they move through the world every day. This month serves as a reminder that support matters, community matters, and healing is possible. Through education, compassion, and connection, communities can become safer and more supportive spaces for everyone.

As schedules shift into summer routines, this season can also be a good time to focus on emotional wellbeing, reconnect with loved ones, and encourage conversations about mental health in ways that feel approachable and encouraging.

Awareness plays an important role in changing that. Conversations about PTSD help people recognize symptoms earlier, understand that trauma responses are real, and encourage individuals to seek support without shame. Counseling, support groups, trauma-informed care, mindfulness practices, and healthy support systems can all be helpful tools in the healing process.

June 27 is recognized nationally as PTSD Awareness Day, encouraging communities across the country to increase education, support, and compassion for those affected by trauma.



NEWSLETTER

WWW.PROJECTFRONTIER.ORG

JUNE 2026 - PAGE 2

TRAUMA AWARENESS AND HEALING

Trauma affects more than memories — it can influence emotional wellbeing, physical health, relationships, confidence, learning, and daily functioning. Difficult experiences can change how a person feels safety, trust, and connection long after the event itself has passed.

Not everyone who experiences trauma develops PTSD, but many people carry emotional stress responses that continue to affect them over time. Trauma can impact people of all ages, including children who may not yet have the words to explain what they are feeling. In children, trauma may show up through behavior changes, difficulty focusing, withdrawal, emotional outbursts, anxiety, or trouble at school.

Adults may also experience trauma in ways that are often misunderstood. What appears to be anger, shutting down emotionally, difficulty trusting others, or becoming easily overwhelmed may actually be connected to stress and unresolved experiences.

This is why trauma-informed support matters so much. A trauma-informed approach focuses on understanding rather than judgment. It encourages environments where people feel safe, respected, heard, and supported. Small moments of compassion — listening without criticism, showing patience, checking in on someone, or offering encouragement — can have a meaningful impact.

Healing from trauma is rarely linear. Some days feel easier than others, and progress can take time. However, supportive relationships, mental health resources, healthy coping skills, and strong communities can all help individuals and families move toward healing and resilience.



**FIND PROJECT FRONTIER
ON FACEBOOK!**



FOLLOW US



NEWSLETTER

WWW.PROJECTFRONTIER.ORG

JUNE 2026 - PAGE 3

SUPPORTING MENTAL HEALTH THIS SUMMER

Summer can be a great opportunity to reset routines and focus on small habits that support emotional wellbeing. Mental wellness does not always require major changes – often, consistency and intentional self-care make the biggest difference.

Longer days and warmer weather can positively impact mood and energy levels. Spending time outdoors, getting movement, staying hydrated, and maintaining healthy sleep habits are all important for both mental and physical health. Even simple activities like taking an evening walk or sitting outside for a few quiet minutes can help reduce stress.

Summer can also become very busy, especially for families balancing activities, travel, childcare, and changing schedules. While fun and excitement are important, rest matters too.

Allowing time for slower moments, downtime, and meaningful connection can help prevent burnout and emotional exhaustion.

Here are a few simple ways to support mental wellness this season:

- Spend time outdoors and enjoy **fresh air and sunshine**
- **Prioritize rest** and slower moments during busy schedules
- **Stay connected** with supportive friends and loved ones
- Practice **mindfulness, journaling, or deep breathing** exercises
- **Limit screen time** when possible and create intentional family moments
- **Check in** on someone who may be struggling emotionally
- Reach out for **professional support** if needed

Mental health care looks different for everyone, and even small daily habits can have a lasting impact over time.





NEWSLETTER

WWW.PROJECTFRONTIER.ORG

JUNE 2026 - PAGE 4

COMMUNITY AND CONNECTION

Strong communities are built through compassion, involvement, and meaningful connection. Feeling supported and connected to others plays an important role in emotional wellbeing and resilience, especially during difficult seasons of life.

Community support does not always have to be large or complicated. Often, it looks like simple everyday actions — checking in on a neighbor, attending local events, supporting families, volunteering, or creating welcoming spaces where people feel included and valued.

Connection helps reduce feelings of isolation and reminds people that they are not alone. This is especially important for individuals struggling with mental health challenges or navigating stressful life experiences. A supportive conversation or small act of kindness can make a greater difference than many people realize.

Summer often brings opportunities for connection through local activities, family gatherings, outdoor events, and community celebrations. These shared experiences can help strengthen relationships, encourage belonging, and create positive memories for both children and adults. Communities grow stronger when people feel safe to ask for help, support one another, and show compassion without judgment.

Looking for easy ways to create meaningful memories this summer? Spending time together does not have to be expensive or elaborate. Often, the most meaningful moments come from simple shared experiences.

Here are a few low-stress ideas families can enjoy together:

- Backyard picnic dinners
- Nature walks or scavenger hunts
- Outdoor movie nights
- Farmers markets and local festivals
- Gardening together
- Sidewalk chalk art days
- Evening bike rides or park visits
- Homemade popsicle or ice cream nights
- Library reading challenges
- Family game nights outdoors

Shared activities help strengthen family relationships, encourage communication, and create opportunities for connection away from daily stress and distractions.

closing Thoughts

Awareness months are about more than information — they are about people. Every conversation about mental health helps create a culture where individuals and families feel safer reaching out for support and speaking openly about their experiences. This June, may we continue choosing compassion, patience, and understanding for ourselves and for those around us. Healing takes time, and no one's journey looks exactly the same. However, supportive communities, healthy relationships, and access to resources can remind people that hope and healing are always possible.

As summer begins, let this season be a reminder to slow down, reconnect, care for one another, and continue building communities rooted in support, resilience, and kindness.

