

Townhaller

DONATE TO TOWNHALL II

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“Rise above the
storm and you will
find the sunshine.”
— Mario Fernández



Post-traumatic Stress Disorder Awareness Month

Trauma has a major impact on our society. Many of the problems we see, including addiction, suicides, self-injurious behaviors, and codependent relationships often have their roots in disturbing events from the past. If people don't address trauma issues they are unlikely to make much progress in the problems that stem from it.

It is important to define trauma because people have a lot of different ideas about what that word means. Trauma is an upsetting loss of control over one's life and/or body that goes on to have an impact on current functioning. It is also important to note that everyone experiences trauma different.

To learn more about PTSD and access resources, check out [The National Institute of Health](#).

Crestwood Students Learn Emotional Regulation through Townhall II Groups

Townhall II collaborated with Crestwood Local Schools to develop and facilitate an eight-week group focusing on emotional regulation and developing coping skills. Emotional regulation is one's ability to control their own emotions and either increasing the positive or decreasing the negative ones. The students were educated on how to notice what they were feeling, validate that feeling, practice grounding techniques to assist them in focusing on the details of their surroundings, identify and reduce triggers, make the connection between emotions & physical symptoms, and learn the several types of communication as well as active listening skills. The students in the groups were in grades K-4 and 7-12. Group members were encouraged to openly share experiences and problem solving while in the group. These discussions and experiences were then used to develop appropriate emotional responses that can be used in school, at home, and out in the community.

Townhall II and Crestwood Locals School have been working together for several years providing substance abuse prevention and sexual assault prevention programming. We were excited to pilot this new program with the Crestwood students as well to foster a community that educates, supports, and empowers the youth.



Pride Month

June is Pride Month! Pride Month began to be celebrated after the Stonewall Riots occurred. On June 28th, 1968, New York City Police raided a gay club, which was far from unusual for them to do in the 1960s. However, what was unusual was the way the club goers and bar patrons fought back this time. They were tired of being disrespected and rejected by New York City, and they took a stand. Although the gay rights movement began before Stonewall, the Stonewall Riots served as a catalyst of change for the gay rights movement around the world. Find out more about the history of Stonewall [here](#).

Pride Month is important for many reasons, and it encourages LGBTQ+ community members to be unapologetically themselves. This summer, there are many Pride events that are taking place in June, all over Ohio! If you are interested in attending any of these, please check out this 2024 Ohio LGBTQ+ Pride Guide from the Buckeye Flame [here](#)!



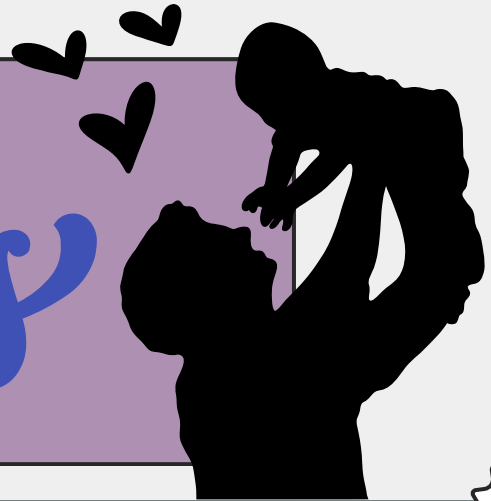
Inclusion at Townhall II

In April of this year, the entire staff of Townhall II participated in Safe Space Ally Training. This training was led by the Director of the LGBTQ+ Center at Kent State University, Ken Ditlevson, M.Ed. After the training, staff members received a Safe Space Ally sign for their office, indicating their support of the Lesbian, Gay, Bisexual, Transgender and Queer plus (LGBTQ+) community. It is important to remember that although not all of us are LGBTQ+ ourselves, there are community members in our friend groups, families, or the individuals that we serve.

HAPPENINGS OF THE MONTH

16TH

HAPPY *Father's* DAY



19TH

Juneteenth

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. June 19th, 1865 was the date that it was announced that the Union Army had arrived in Texas to remove the Confederate Army in the state.

Find different ways to celebrate [here!](#)

20TH

First Day of Summer

This year's summer solstice is on June 20th. This day is the official first day of summer for the northern hemisphere, and is also the longest day of the entire year.



June Events

For more information, contact us at 330-678-3006 or email us at info@townhall2.com



- **Group to Grow**
 - June 5th, 12th, 19th, & 26th from 6:00-7:30PM.
 - 161 E. Main Street, Ravenna, OH 44266
- **Rainbow After The Rain**
 - June 6th, 13th, 20th, & 27th from 6:00-7:30PM.
 - Meets Virtually
- **Mothers in Recovery**
 - June 10th & 24th from 6:00-7:30PM.
 - 161 E. Main Street, Ravenna, OH 44266

Employee Spotlight

Mallen Rush



Start Date: 2/28/23

Current Title: Gender and Sexuality Resource Specialist
Previous Job Titles at Townhall II: N/A but he previously volunteered on the Helpline.

Background: "I've worked as a detox tech, three different shelters (two as a domestic violence specialist and one as a supervisor in a pregnant teen shelter), and I spent two years as a QMHS where I assisted in leading children's therapy groups."

Fun fact about Mallen: During peak pandemic, he had a small animal rescue, and helped over 50 animals!

Something Mallen says often: "It costs how much? ... I'll just do it myself."

Staff Shout Out!

Huge shout out to Denise! Denise is apart of our Event Planning Subcommittee at Townhall II and she's been an integral part of the team's success so far. She has been going above and beyond with asking for donations from local businesses for future events, and helped so much with the implementation of our Staff Appreciation Week in April. She is also just so much fun to be around and a true ray of sunshine. Thank you so much for being you, Denise!

New Staff

Nick Maricic
Mental Health
Counselor



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