

# July Newsletter



The theme for this year's **BIPOC Mental Health Month** is **Culture, Community, and Connection**. BIPOC populations are faced with disproportionate amounts of historical trauma and displacement that can challenge our ability to thrive. However, culture, community, and connection are pillars that support and uplift BIPOC individuals in the face of oppression and systemic racism.

## 7 Leaves Fundraiser on July 15th!



Join us on **July 15th** in **Anaheim** for our **7 leaves fundraiser**. 20% of your purchase will be donated to us to help us continue to provide resources and support for those with a mental health issue. Show the flyer and/or post a selfie with your purchase to your Instagram story and tag [@traumaspeaks](#) & [@7leaves](#). Every post adds an extra 1\$ to our cause! You get to hang out with your friends and get some yummy cold beverages and/or pastries AND help our organization as well.

## Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community!

We're currently looking for grant writers, director of operations, secretary, and board positions. If you're interested in joining our team, you can apply [here!](#)

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