



WEEKLY UPDATE | June - 06 - 2022



## Child Start C.O.S. Highlights 2022



Greetings, Child Start Team –

I wanted to take a moment to thank and congratulate the Celebrating our Success Event Committee for the vision, collaboration, and diligence they put into the amazing event that took place on Wednesday, June 1<sup>st</sup>. Thank you to: April Del Rosario, Arvinda Krishnan, Chanelle Tucker, Christina Sousa, Diana Salt, Dori Tapaoan, Graciela Garcia, Jessica Dudley, Jessica Ochoa, Lory Palarca, Manisha Gupta, Naldean Crayton, Royce Garcia, and Susan Miller.

We truly needed it and I'm very grateful for the care and careful planning that was clearly visible during the event. The food was amazing. The camaraderie was fantastic. The mocktails were on point! But don't just take my word for it. Here is some feedback that I received from Eileen Butz:

"We so enjoyed the day. Felt pampered and considered for the whole day! Yummy food and drinks, prizes, and great sounds. But the best part was fellowshipping with all our fellow teachers and administrators in such a peaceful place. And with the 4-day work week we do not get that chatting time which happens when we are all there every day. Looking forward to how Luis has captured the day! From all of us at Kidder."

Thank you, Eileen, and thank you to everyone for your feedback and support. I think it's safe to say that events such as these should become an annual tradition for us. What do you think?

See next page for some of the highlights.

# Stay CONNECTED WEEKLY UPDATE



## Child Start C.O.S. Highlights 2022



Website: [www.childstartinc.org](http://www.childstartinc.org)



Contact: Luis Pineda  
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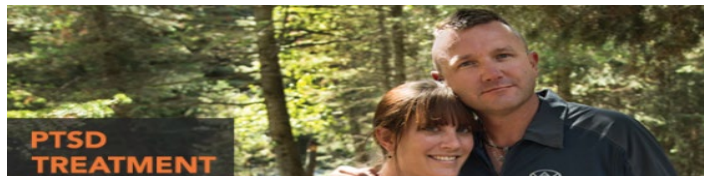


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# Stay CONNECTED WEEKLY UPDATE



## June is PTSD Awareness Month

Not All Wounds Are Visible



### NATIONAL PTSD AWARENESS MONTH

National PTSD Awareness Month is observed annually in June. The month is dedicated to raising awareness about the condition and how to access treatment. June 27th is also National PTSD Awareness Day.

According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime.

Men, women, and children can experience PTSD as a result of trauma in their lives. Events due to combat, accidents, disasters, and abuse are just a few of the causes of PTSD. No matter the reason, PTSD is treatable, but not everyone seeks treatment.



# Stay CONNECTED WEEKLY UPDATE

## JUNE IS PTSD AWARENESS MONTH

There are resources available to help diagnosis PTSD and get help. There is no shame in seeking assistance.

If you or someone you know might be experiencing PTSD, visit these resources below, or seek professional care from a therapist who has experience treating PTSD.

- [Veterans Crisis Info – National Center for PTSD](#)
- [Find Therapist – National Center for PTSD](#)
- [Help for Veterans – National Center for PTSD](#)
- [National Alliance on Mental Illness](#)

Use #PTSDAwarenessMonth to share support, resources.



PTSD Information Voice Mail: (802) 296-6300

Email: [ncptsd@va.gov](mailto:ncptsd@va.gov)

Also see: [VA Mental Health](#)

To learn More, click on the link below:

[https://www.ptsd.va.gov/understand/types/resources\\_disaster\\_violence.asp](https://www.ptsd.va.gov/understand/types/resources_disaster_violence.asp)





# Stay CONNECTED WEEKLY UPDATE



PLEASE JOIN US FOR A  
PARTICIPANT EDUCATION EVENT

## Navigating Market Volatility



While recent Market volatility can be a bit unnerving, volatility is a normal part of investing in financial markets. Our 401(k) plan advisors at Strategic Retirement Partners have teamed up with Fidelity (our 401(k) Plan provider) to bring you a common-sense session on understanding market movements and volatility.

DATE:

**Wednesday, June 8th**

TIME:

**1:30pm PT**

Understand the importance of:

- Having a plan,
- How to avoid common pitfalls, and
- Explore six things you can do right now.

**REGISTER TODAY!**



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# This Week's Question, Test Your Knowledge.



In what year was PTSD (Post-traumatic stress disorder) diagnosis as a mental health disorder by American Psychiatric Association?



Submit your answers by sending an email to: [lpineda@childstartinc.org](mailto:lpineda@childstartinc.org) by June 9, 2022.

## Last week's trivia answer:

What's ORBIS PICTUS?

If your answer is Orbis Pictus - Wikipedia **YOU ARE CORRECT!**

*Orbis Pictus*, or *Orbis Sensualium Pictus* (Visible World in Pictures), is a textbook for children written by Czech educator John Amos Comenius and published in 1658. It was the first widely used children's textbook with pictures, published first in Latin and German and later republished in many European languages.

**"Have a heart that never hardens, and a temper that never tires,  
and a touch that never hurts.**

- Charles Dickens -



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