

# June Newsletter

## From the desk of the Community Manager

June is National PTSD awareness Month. This month we are raising awareness of the lasting impact that the trauma of homelessness has on those who have lived through it.

Every day, we meet people who are not just facing housing instability, but also the overwhelming stress, fear, and isolation that often comes with it. That's why we approach every situation with compassion - because healing is just as important as housing.

At Family Promise of Sussex County, we provide services and resources that help stabilize housing such as emergency shelter, housing navigation, and case management. But we go beyond that with wraparound support that is designed to address deeper challenges that come with housing instability. This includes programs such as our Financial Literacy classes that provide our clients with the knowledge and tools to manage their finances and plan for long-term stability; and our utility assistance support through LIHEAP, which helps those struggling to pay their utility bill access critical energy assistance to keep their heating and electric on.

We see firsthand how trauma and homelessness are intertwined. That's why trauma-informed care is at the heart of what we do. This month - and every month - we recognize the strength it takes to rebuild after trauma, and we remain committed to providing the support needed for individuals and families.

We don't just help people find shelter - we walk alongside them as they rebuild their lives with stability, support, and hope.

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## Community Events

**Wantage Day: 6/14/2025**  
**Woodbourne Park: 12:00pm - 4:00pm**

Residents of Wantage Township are invited to a day of giving back to them! A fun-filled day is planned including bounce houses, music, food, vendors, exhibits from local fire departments and first aid squad, games, and giveaways!

**LIHEAP Season Ends June 30<sup>th</sup>**  
Need help paying your utility bills? Family Promise of Sussex County has a dedicated utility assistance department that can help you complete an application!

## **FOOD DRIVE**

### **What We're Looking For:**

- Canned and boxed food items
- Non-perishable snacks, cereals, and grains
- Baby food and formula

Food insecurity affects so many in our community, but together, we can help alleviate hunger

### **Where to Donate:**

### **Drop-off Location:**

19 Church St. Newton, NJ 07860

**Drop-off Times:** Monday-Friday  
9:00am-4:00pm

Need more information?  
Contact Us at 973-579-1180



**June is National PTSD Awareness Month** - a time to recognize the invisible wounds many people carry and to raise awareness about the effects of trauma on mental health.

While PTSD is often associated with those who've experienced violence or disaster, we must also acknowledge how deeply traumatic homelessness can be. Losing the safety and stability of a home doesn't just affect a person's physical well-being - it can leave lasting emotional and psychological scars.

For individuals and families, homelessness can mean:

- Constant uncertainty and fear
- Exposure to unsafe or unstable environments
- Separation from support systems
- A sense of shame, isolation, and anxiety

Children experiencing homelessness are especially vulnerable. The instability can disrupt their education, development, and sense of safety, often leading to long-term emotional and behavioral challenges.

### **Did you know?**

PTSD affects about 1 in 11 people at some point in their lives. PTSD is not just limited to combat veterans. Survivors of homelessness, abuse, accidents, and other traumatic events can all develop PTSD.

## **OUR FREE MONEY MANAGEMENT CLASSES ARE BACK!**

**Classes are taught by certified financial counselors and will cover credit reports, FICO scores, budgeting, debt and payments, and saving!**

### **CLASS SCHEDULE**

Every Thursday  
Starting June 5th  
Ending July 3rd

5:00pm-  
6:30pm

Classes will be held at  
19 Church Street, Newton NJ

Students who complete **all** five classes will receive a Money Management Class certificate of completion at graduation!

We will have fun activities for kids while parents take the class!





# Thank You

**That's a Wrap!**

**Thanks to all who supported our 2025 Casino Night Fundraiser!**





**We can't wait to see everyone next year for another night of fun and fundraising!**

## **Save The Date! Casino Night Returns in 2026!**

LOVE coming to Casino Night? Missed the event this year? Join us for an unforgettable evening filled with games at professional tables, karaoke with DJ Ray Sikora, incredible food from Brick & Brew, and give to a great cause! Whether you're a high roller or just in it for the fun, your presence helps us provide services, resources, and shelter to individuals and families that are facing homelessness in our community.

 **Date: June 11th, 2026**

 **Location: The Conservatory at The Sussex County Fairgrounds**  
 **Stay tuned for more details, but for now - save the date and start planning your winning outfit!**

**Thank you to our 2025 Casino Night Bank and Raffle sponsors!**

