

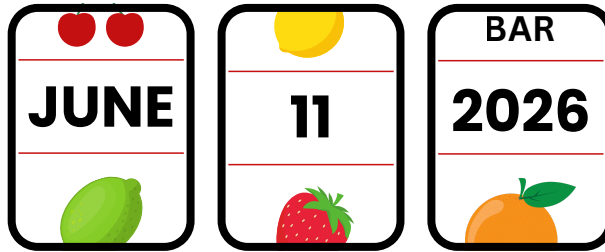


May Newsletter

Casino Night

Betting on a Better Future: All-in to End Homelessness

Doors Open at 5:00pm



The Conservatory at
The Sussex County Fairgrounds
37 Plains Road, Augusta, NJ



From the desk of the Community Manager

Our biggest fundraiser of the year is right around the corner! This event brings together neighbors, local businesses, other non-profits, and supporters for an evening that is both engaging and deeply meaningful to our community.

We have designed Casino Night to be fun and welcoming, with professional-style gaming tables, lively conversation, and plenty of opportunities to connect with others who share a commitment to strengthening our community. It's a chance to meet new people, build relationships, and enjoy a unique night out.

What makes this event so important goes far beyond the games. The proceeds from Casino Night directly fund our housing programs and services, which are dedicated to helping individuals and families facing a housing crisis achieve stability. These programs help families find safe and affordable housing and provide the support needed to remain housed.

Every ticket purchased, every hand played, and every connection made at Casino Night helps us continue this work. To us, Casino Night is more than just a fundraiser; it is a reflection of what we can accomplish as a community when we come together with purpose.

Dawn Hendershot, JD
Community Manager
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Scan Here to
Purchase
Your Tickets!



MAY IS MENTAL HEALTH AWARENESS MONTH

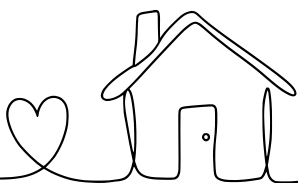
This month, we are taking time to recognize the importance of mental health and raise awareness. This is a time to recognize how deeply mental health shapes overall well-being and to reflect on the challenges many in our communities face. For individuals and families experiencing homelessness or a housing crisis, those challenges are often significantly greater.

Housing instability can take a serious toll on mental health. The uncertainty of not knowing where you'll sleep, how you'll meet basic needs, or how long your situation will last creates chronic stress and anxiety. Over time, this can contribute to conditions such as depression, trauma-related disorders, and other mental health concerns. Without a safe and stable environment, it becomes much harder to rest, recover, and access consistent care or support.

Research from organizations like the National Alliance on Mental Illness and the Substance Abuse and Mental Health Services Administration shows that individuals experiencing homelessness are more likely to report poor mental health and have higher rates of serious mental illness compared to those who are stably housed. At the same time, mental health challenges can also make it more difficult to secure and maintain housing. This can create a cycle that is hard to break without support.

Mental Health Awareness Month is an opportunity to acknowledge this connection and emphasize the importance of stable housing as a foundation for well-being. When people have a safe place to call home, they are better able to focus on their health, access services, and begin to rebuild stability in their lives.

At Family Promise of Sussex County, we provide wraparound services that help individuals and families navigate housing crises, access mental health support resources, and build a sustainable future.



Self-Care

There are 5 types of self-care.

Understanding the different types and what they do can help you create a balanced, sustainable approach to taking care of yourself. This involves intentional actions to support your well-being, including activities designed to care for your physical, mental, and emotional health.

- **Physical self-care:** Exercise, healthy diet, hydration, access to health care, and getting enough sleep
- **Mental self-care:** Spending time in nature, enjoying hobbies, learning new things, meditation, mindfulness, and therapy
- **Emotional self-care:** Setting boundaries, expressing feelings, and doing things that make you happy
- **Social self-care:** Spending time with people you love, volunteering, maintaining interpersonal relationships, and having healthy relationships
- **Spiritual self-care:** Reflecting on values, finding your purpose, engaging in religious practices, expressing gratitude, and connecting with nature

Thank You Sussex Rural Electric



During Bring Your Kid to Work Day, employees and guests learned about how Family Promise of Sussex County helps those facing homelessness in our community and assembled over 150 hygiene packs that will be given to those in need.

THANK YOU THANK YOU THANK YOU THANK YOU



These photographs depict one of four one-bedroom transitional shelter housing apartments leased by Family Promise of Sussex County. The units are fully furnished and appointed so that families and individuals can move in without worry. This housing is intended to provide short-term stability while clients work with our case managers toward securing sustainable, permanent housing on their own.

Each unit is designed to feel like a real home: a place to rest, recharge, and begin rebuilding. Here, guests can attend appointments, manage their goals, and be a part of a community, all while reconnecting with a sense of normalcy and dignity. With the support and guidance of our staff, the apartment becomes an important stepping stone toward long-term housing stability and a renewed sense of empowerment and ultimately independence.

None of this is possible without the support of compassionate donors like you.

THANK YOU THANK YOU THANK YOU THANK YOU