

## July is Social Wellness Month!

Social wellness month is dedicated to fostering meaningful relationships, building strong support networks, and prioritizing mental and physical wellbeing. Studies show that nurturing social connections is linked to reduced stress, enhanced immune systems, and a higher quality of life. How do we prioritize social wellness? Check out the rest of this month's newsletter for some local ideas and options!

### July 4<sup>th</sup> Celebrations:

- Palm Bay - EFSC Palm Bay Campus from 5-10pm
- Melbourne – Front Street Park from 3-10pm
- Sebastian – Riverview Park from 08:30a-10p
- Viera – Fireworks visible east of USSSA Space Coast Complex at 9pm
- Rockledge – McLarty Park from 10a-2p
- Port St John – 7800 US Hwy 1 from 4-10p
- Indialantic – Eastminster Presbyterian Church on N Riverside Dr from 7:30-9:30p
- Cocoa – Free Symphony Under the Stars at Cocoa Riverfront Park from 8-10p

## WHAT'S HAPPENING IN JULY?

- **Every Week Day in July** – Seniors at Lunch is held in the Sunflower House on Fell Rd in West Melbourne beginning at 10am, and provides hot meals and activities to seniors ages 60+. Register by calling 321-417-4078.
  - **Various Dates Throughout July** – Community Support Advocate offering assistance with housing, SNAP benefits, social security, job assistance, senior resources, and more. Available at several public libraries in Brevard. Call your local library to ask about appointments!
  - **July 3<sup>rd</sup>** – First Friday festivities and vendor market at Rockledge Gardens from 5-9p. Theme changes monthly, July is “The Happiest Garden on Earth – Pirates, Princesses, and everything in between”!  
Every 1<sup>st</sup> Friday!
  - **July 3<sup>rd</sup>** – Cocoa Beach America 250 Celebration and Drone Show in Downtown Cocoa Beach from 5-10p with carnival games, photo booths, kid zone, and drone show at 9p!
  - **July 4<sup>th</sup>** – Brevard Morning Mindfulness Group; Free beach mindfulness event from 8:30-9a. Meets at the blue building closest to Nance Park. Every 1<sup>st</sup> & 3<sup>rd</sup> Saturday!
  - **July 5<sup>th</sup>** – Free Dungeons & Dragons ‘How to be a Dungeon Master’ workshop at the Franklin DeGroot Library from 2-4p.
  - **July 6<sup>th</sup>** – Learn and play Mahjong for free with the Lucky Bamboo Mahjong Society at the Titusville Public Library from 9-11a. Every Monday!
  - **July 7<sup>th</sup>** – Free resume writing course at CareerSource on Babcock St at 9:30a.
  - **July 8<sup>th</sup>** – Free board game night for all ages at Pineapples at 6p.
  - **July 8<sup>th</sup>** – Free trivia night at Beef O’Brady’s in Merritt Island at 7p. Every Wednesday!
  - **July 10<sup>th</sup>** – Friday Night Live at the West Melbourne Community Park from 6-8:30p. Enjoy free entry, food trucks, vendors, live band, and games and activities!
  - **July 11<sup>th</sup>** – Learn the Japanese Art of Flower Arrangement at the Viera Library from 11a-1p.
  - **July 11<sup>th</sup>** – Free movie night at the pool showing Jaws at the Palm Bay Aquatic Center at 8:30pm. Bring chairs, blankets, and snacks to sit and watch!
  - **July 12<sup>th</sup>** – Free salsa dancing class at Pineapples in Melbourne at 2pm!
  - **July 13<sup>th</sup>** – Space Coast Magic Club meeting at the West Melbourne Library to share their interest and skill in magic from 3-6p.
  - **July 14<sup>th</sup>** – Puzzle swap with other puzzle enthusiasts at Merritt Island Library at 2pm.
  - **July 15<sup>th</sup>** – Free tobacco-free Florida cessation program at the Cocoa Beach Library at 6p.
  - **July 15<sup>th</sup> & 16<sup>th</sup>** – Free concert by 3-2-1 Jazz Orchestra at the Melbourne Auditorium at 7p.
  - **July 16<sup>th</sup>** – Free “Flight Club” drone club for adults at Cocoa Beach Library from 1-2p.
  - **July 18<sup>th</sup>** – Free ‘Nervous System Intro & Reset’ community workshop at Atlantic Way Chiropractic in Melbourne from 10-11:30a. Call 321-400-6282 to reserve a spot!
  - **July 18<sup>th</sup>** – Project Backpack free school supply giveaway with live music, activities, bounce houses, and more at 1900 S Harbor City Blvd from 10a-12p. Pre-registration recommended!
  - **July 21<sup>st</sup>** – Free R.E.A.D.Y. Self-Defense class for adults presented by BCSO at the Dr. Martin Luther King Library from 4-5p.
  - **July 21<sup>st</sup>** – Space Coast Poets at the Suntime Library from 5:30-7p. Come share and get feedback on original works of poetry. Every 3<sup>rd</sup> Tuesday!
  - **July 23<sup>rd</sup>** – Free seated Tai Chi class at the Senior Resource Center of Brevard from 11-11:30a. Call 321-473-7770 to reserve a spot!
  - **July 23<sup>rd</sup>** – Free mandala rock painting at the Port St. John Library from 4-5:30p.
  - **July 25<sup>th</sup>** – Bubbles Back-to-School Carnival Bash at the Learning Experience in Melbourne from 10a-1p with games, face painting, activities, free kids haircuts, raffles, and more!
  - **July 26<sup>th</sup>** – Free Kids’ Comic Con at Famous Faces & Funnies Melbourne from 11a-7p with free comics, free sketches, crafts, Mario Kart Tournament, Escape Room, scavenger hunt, family trivia, and kids cosplay contest!
  - **July 27<sup>th</sup>** – Free financial literacy course for teens ages 12-17 at the West Melbourne Library from 3:30-4:30p. Call to register!
  - **July 28<sup>th</sup>** – Parenting Odyssey with Circles of Care – Mental health education and resources for parents, teachers, and caregivers. Held at the Degroot Library in Palm Bay at 6:30p.
- Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!**

## Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, or Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

## Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email [namibrevard@gmail.com](mailto:namibrevard@gmail.com))
- DBSA Online Support Groups – Meets daily via Zoom (visit [dbsalliance.org/support](http://dbsalliance.org/support))
- Good Company Gatherings – A free gathering to meet new friends and supports – 3<sup>rd</sup> Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

## July Journaling Prompt:

Create a list of your main sources of social support. How long have you known them? How did you meet them? What types of support do they provide to you? Do you feel that your current social support network is providing the support you need? If not, how can you increase the support that they are offering, or find other avenues of obtaining the support you are seeking?

## July Mental Health Book Recommendation:

“Together: The Healing Power of Human Connection in a Sometimes Lonely World”

~ by 19<sup>th</sup> US Surgeon General Vivek Murthy, MD

## July Monthly Self-Help Tool:

Fabiq is a free relationship tracker and reminder app for personal relationships where you can prioritize your most important relationships, get reminders to reach out to those you care about, set connection goals, and get reminders about important dates or life events relating to those relationships.

*Review these communication and interpersonal skills to improve the way you connect with others!*

# DBT SKILLS: INTERPERSONAL EFFECTIVENESS

## GOALS & PRIORITIES

We can set goals and priorities for our interactions. Identify how you want to feel, and how you want the other person to feel. Learn how to apply problem solving, assertiveness, and social skills. These skills will help to balance your needs in the relationship while learning how to maintain your self-respect.



## GIVE SKILLS

**GIVE skills** help us learn how to maintain healthy relationships:

- **Gentle:** Be nice and respectful
- **Interested:** Listen and appear interested to the other person; make eye contact
- **Validate:** Demonstrate that you understand the other person's feelings
- **Easy Manner:** Smile, use humor, and appear at ease during the conversation

## VALIDATION OF OTHERS

Within all relationships, it's important to validate and acknowledge the other person's feelings. This skill demonstrates that we are compassionate and care for others. We show validation by giving the other person our full attention, reflecting back their experiences, and showing our understanding.



## DEARMAN SKILLS

**DEAR skills** help you learn how to communicate your objectives in relationships:

- **Describe:** Describe your current situation with facts, using simple language
- **Express:** Share your feelings and opinions about the situation
- **Assert:** Ask for what you want, and be ready to say no; assert your current & future desires within the relationship
- **Reinforce:** Explain and reinforce the positive rewards of getting what you want

**MAN skills** help you learn how to stay focused and come to a solution when you have a disagreement in a relationship:

- **Mindful:** Keep focused and mindful of your objectives during the conversation
- **Appear Confident:** Maintain your composure
- **Negotiate:** Co-operatively discuss solutions

## FAST SKILLS

**FAST skills** help us learn how to gain and keep our self-respect in relationships:

- **Fair:** Be fair to yourself
- **(No) Apologies:** Do not apologize for disagreements or having differing opinions
- **Stick to Values:** Stick to your own values
- **Truthful:** Be truthful, don't use excuses, and do not exaggerate claims

## NON-DEFENSIVE LISTENING

During verbal disagreements, use non-defensive listening and seek clarity often. Avoid interrupting the other person when they are trying to get a point across. Use "I" statements, instead of pointing the blame to the other person. Be mindful, slow down, and breathe.



## SET BOUNDARIES

Boundaries can include psychological, physical, or emotional boundaries. Effective boundary setting includes learning our triggers, identifying our values, and prioritizing our needs.

**How-To Tips:** Speak assertively. Use clear and concise language. Avoid using vague language (e.g. 'maybe').



## END NEGATIVE RELATIONS

Some relationships do not support our mental or physical health. We must consider ending relationships that are destructive to our self-esteem, happiness, and our peace of mind. When ending a relationship, use DBT skills like **Coping Ahead** and **Problem Solving** for support.

