

TRUTHS & TIPS NEWS LETTER

SIVET EMPOWERMENT
GRACE & LOVE

JUNE 15, 2024

GREETINGS EVERYONE!

I hope all of you who have fathers, husbands, sons and brothers were able to celebrate them in some way Sunday for doing a job well done. I pray June has been good to you and that you all are prospering in a very mighty way! Please share anything new or if you have any questions or any topics you'd like me to discuss. You can email me at any time.

As always I wish you all well!!

Ms. Tevis



WELLNESS WHEEL

Reflecting on your school year. During this time we can honor our difficulties and struggles while also reflecting on what we have learned from each situation that may have been a challenge. When we think about self care think about it in a more realistic way, away that will focus on changing your personal and professional life. Set goals some could be challenging and some could be attainable. These are the ways to make lasting change. (info in email)

JUNETEENTH

I hope you all have been enjoying all the Juneteenth celebrations within our city. Not just yesterday or this week but everyday. Learning and knowing our history and taking pride in who you are and your family's journey is an honor that we should always hold near and dear to our hearts. Happy celebrating!!



If you have any questions or if there are any topics you would like to discuss please email me and I will add them into the newsletters.