

Hello ACEs community and guests,

July brings important opportunities to raise awareness, foster understanding, and support the health and well-being of individuals, families, and communities across Arizona. This month, we recognize Minority Mental Health Awareness Month and UV Safety Month, highlighting the importance of equitable access to mental health resources and preventive health practices. We also observe Birth Trauma Awareness Week (July 21–27) and International Self-Care Day (July 24), which remind us of the critical role that compassion, support, and self-care play in promoting resilience and healing.

At the AZ ACES Consortium, we understand that positive outcomes are strengthened when we prioritize both individual and community well-being. In this edition, you'll find resources, updates, and opportunities that support trauma-informed practices, health equity, and the collective work being done throughout Arizona to build stronger, healthier communities.

Thank you for your continued partnership and commitment to advancing awareness, prevention, and resilience. Together, we can create environments where all individuals have the opportunity to thrive.

We hope you enjoy this edition and encourage you to share these stories and opportunities with your colleagues and networks.

Mark your calendar for our next quarterly meeting on August 20th at 9am. Click [here](#) to register.



Awareness Observation Days/Months

July

- International Self-Care Day, July 24, 2026
- Birth Trauma Awareness Week, July 21–27, 2026
- UV Safety Month
- **Minority Mental Health Awareness Month**

Upcoming Health and Job Fair:



9th Annual Community Health & Job Fair
Saturday, July 11, 2026



The Arizona Hispanic Chamber of Commerce is proud to invite the community to our 9th Annual Community Health & Job Fair — a FREE event dedicated to connecting Arizona families with valuable health, wellness, and career resources. Attendees will have access to health screenings, employment opportunities, community organizations, family-friendly activities, and more, all designed to empower and support our community.

We invite you to join us for an impactful day of connection, resources, and community support.

SAVE THE DATE
Saturday, July 11, 2026
9:00 AM – 12:00 PM
Phoenix College North Gym

Community Corner

Backpack Buddies

The Legacy Backpack Buddies program partners with the Arizona Friends of Foster Children Foundation in July to host an annual back-to-school event at Phoenix College.

Who: Families who are in foster care/kinship.

- Open to children in **grades K–8**.
- Children must be present.

What: Backpack Buddies Summer Distribution

Where: Phoenix College, 1202 W Thomas Rd, Phoenix, AZ (North Gym, Building G)

When: July 21-23

Why: To provide each child with:

- Two school uniforms (two shirts and two shorts)
- One casual outfit
- Backpack and school supplies
- Shoes and socks
- Hygiene items, including dental kits and undergarments

Click [here](#) to register. For questions, email jlopez@bhhslegacy.org

In addition, dental services and vision screenings will be available (please note these stations may close at 4:00 PM, TBD).

There will also be interactive learning centers, including news station green screens, STEM activities, and 3D printing experiences.

Helpful Resources:

Summer Food programs for school aged children
[Arizona Summer Food Service Program - AZ Healthzone](#)

[SUN Bucks \(Summer EBT/S-EBT\): Information for Parents | Arizona Department of Education](#)

Did You Know?!

ACEs help explain disparities.

64% of adults report at least one ACE, with higher exposure in some underserved communities—shaping mental health outcomes over time.

Resilience makes a real difference.

ACEs follow a “dose-response” pattern, but **supportive relationships and community connection can reduce long-term impact**.

Prevention improves outcomes.

ACEs are **more common where inequities exist—but also preventable**, making early support key to long-term mental wellness.

Below are some resources for the prevention piece mentioned above:

Project Bright Futures

Focuses on **prevention, early identification, and resilience-building** through training and student programs.
► Prevention efforts in youth directly improve long-term mental health outcomes.

Child Crisis Arizona

Offers **parenting classes, family support, and early childhood services** at no cost.
► Strengthening families helps reduce ACEs before they start.

Resilient Arizona Crisis Counseling Program

Provides **free community-based emotional support, coping skills, and resource connections**.
► Builds resilience and coping skills—key buffers against trauma.

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