



## June is LGBTQIA+ Pride Month

The history of Pride month is widely accepted to have begun in 1969 with the Stonewall Riots in New York City. This was a series of protests led by the LGBTQ community in response to police violence targeting members of the community. In 1999, "Gay and Lesbian Pride Month" began to be nationally recognized by the US government. In 2011 that recognition was officially expanded to include the entirety of the Queer Community. Pride is celebrated throughout many cities and communities throughout the country and generally recognized with festivals, block parties, and parades.

[Click here to learn about the Pride celebrations around the Twin Cities for 2024](#)

• + HAPPY .  
PRIDE!  
+ MONTH +



## Our Mental Health Awareness Month Storefront is still open!

In continued celebration and recognition of Mental Health Awareness Month, our storefront is open through the remainder of the month of June. There are 5 different mental health sayings. The designs are available in adult and youth sizes, and you can choose between a t-shirt, V-neck, and a crewneck sweatshirt. The proceeds from the storefront support Relate and will allow us to continue to offer high-quality mental health care to our community.

We appreciate your support and look forward to seeing you in your storefront items in the community!

***Use coupon code FREESHIP on orders over \$50 for free shipping!***

# CELEBRATE Mental Health WITH US! Awareness Month

Scan the QR code  
to view all our  
storefront  
available options.

Add "FREESHIP" for free  
shipping on orders over \$50!



[www.relatecounseling.byqap.com](http://www.relatecounseling.byqap.com)

[Click here to see our Mental Health Awareness Month Storefront!](#)

## Meet our Staff!

Meet Kyla Flaten! She is our Early Childhood Program Manager, serves as a Clinical Supervisor, and an Outpatient Therapist. In her time at Relate, she has worked on our School Services team and our Office Services team, and this expansive knowledge of our programs helps her manage her program and team well! In her work with clients, she uses a collaborative, warm approach to form an authentic, empathic relationship. Kyla approaches therapy from a play-based and attachment-focused lens, incorporating cognitive-behavioral techniques, mindfulness, movement, and humor. Thanks for all you have done and continue to do for Relate, Kyla!

## Meet Our Staff:

# Kyla Flaten

*she/her*



- She is our Early Childhood Program Manager, a Clinical Supervisor, and an Outpatient Therapist
- She specializes in working with kids and families from birth through adolescence as well as providing parenting support.
- **Fun fact:** She loves spending time outdoors and she led canoe trips in the Boundary Waters, Quetico, and Northern Canada for six summers.



## Camp Emoji 2024 is underway!

Camp Emoji has officially started, and we are so excited! We wanted to give a thank you to our sponsors for the 2024 Camp Emoji season. We have some spaces in upcoming camp dates and the link for registrations is accessible below!

# CAMP EMOJI

## SUMMER 2024

*A thank you to our sponsors!*



to register visit [www.relatemn.org/services/campemoji](http://www.relatemn.org/services/campemoji)

[Click here to register a camper for Camp Emoji!](#)

## Summer is a great time to get started with therapy!

Our office-based therapists are ready to offer a brief intervention or long-term support, tailored to meet your needs. If you know someone who could benefit from our support, they can use [this link](#) to submit an appointment request, scan the QR code in the image below, or call us at 952-932-7277.

**Relate:** *To make or show a connection between; identify with.*



Have you been struggling to find relief?  
Therapy can help with all of life's discomforts!

- 🌱 Relate has immediate openings for therapy services for all ages.
- 🌱 Please visit [www.relatemn.org](http://www.relatemn.org) to [request an appointment](#) today



[Click here to request an appointment!](#)

[Click here to make a referral!](#)

# Let's connect!

@relatecounselingcenter

*Click the icons below to follow us on our social media accounts for more information and tools!*



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