

DFS Newsletter

Here at DFS, we offer Intensive In-Home services, Day Treatment, Outpatient Therapy, and Medication Management. If you are interested in any of these services contact our Durham office at 919-572-8833.

Diverse Family Services



We are currently looking for an AP or PP to work with our day treatment consumers in the Kinston area. Please call for more information and email your resume to tmcnair1@dfs-services.org.

We are currently running OPT groups focusing on coping skills, social skills, and self esteem.

If you have any comments, questions, concerns or are interested in enrolling your child, call Diverse Family Services at 919-572-8833.

Diverse Family Services is a business with a genuine concern for the welfare of others. We began this journey with the vision to assist individuals and families in all aspects of their lives, providing a meaningful avenue for self-exploration and change. With noble intentions, skillful preparation and a phenomenal staff we strive to meet the needs of all individuals and families.

If you are in a crisis please contact the crisis line at 919-824-7515.

**Please remember our office hours are as follows:
Monday – Thursday 9am-5pm**



Flag Day The week of June 14 is designated as "National Flag Week." During National Flag Week, the president will issue a proclamation urging U.S. citizens to fly the American flag for the duration of that week. The flag should also be displayed on all government buildings. Some organizations hold parades and events in celebration of America's national flag and everything it represents. Other organizations and tribal groups hold counter-celebrations and protests.

June 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Fathers Day is 21st June 2015</i>						
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Fathers Day						
28	29	30				
<i>ladsandadsclub.com</i>						

- 11 Last Day of school Durham Co.
- 14 Flag Day
- 18 Ramadan begins
- 21 Father's Day
- 21 First day of Summer



Talk with your team members for additional summer camp information!





What a pain in the head!

The first week in June is Headache Awareness Week. A headache is pain in any region of the head – a sharp pain, throbbing pain, or a dull ache. There are over 200 types of headaches! The pain may appear gradually or suddenly and can last minutes to days. Your brain does not have any pain receptors...it is the areas surrounding your brain that are causing the problem.

There are a wide range of things that can trigger headaches including alcohol, changes in sleep or lack of sleep, poor posture, skipped meals, stress, weather change, bright lights, extreme temperatures, noise, and intense smells. Additionally dehydration, head injuries, illness, dental problems, medication, and tight head gear may also trigger a headache.

To prevent headaches drink plenty of water throughout the day, avoid caffeine, get enough and regular sleep, eat balanced meals at consistent times, sit correctly in your chair, get up and move occasionally throughout the day, and reduce stress. If you do notice a headache coming on breathe deeply and calmly, use over the counter pain relievers when needed, relax, lie in a cool, dark, quiet room, use a cool or warm compress, massage the affected area to relieve pressure, turn off all music and avoid noise and light.

Most headaches can be treated with over the counter medication, but if your headaches are frequent or interfering with your life, talk to your clinician about other possible approaches. Relaxation training and cognitive behavioral interventions can assist with treating your headaches. Stress is the most commonly recognized trigger of headaches. Stress can be physical or emotional. It can be good or bad. It is an unavoidable part of life. Stress cannot be completely avoided but learning to better deal with stress can help reduce headaches.

Most headaches are irritating, but nothing to cause major concern. You should consult your doctor if a headache is accompanied by confusion, trouble speaking, fainting, high fever, numbness/weakness in one side of your body, stiff neck, trouble seeing, trouble walking, nausea or vomiting. You should also consult your doctor if you are experiencing more frequent, more severe headaches, or your headaches are interfering with daily functioning.





DURHAM

[Durham Arts Council Summer Camps](#)

120 Morris Street
Contact: Shana Adams
Ph: (919) 560-ARTS
Email: sadams@durhamarts.org
Website: www.durhamarts.org

[Sew Crafty Summer Camps](#)

104 W. Parrish Street
Contact: Toni Mason, Owner
Ph: (919) 683-1582
Email: sewcraftyjenn@gmail.com
Website: www.besewcrafty.com/crafty-summer-day-camp

[Heather Snow Clark Summer Drama Camp](#)

3540 Rugby Road
Contact: Heather Snow Clark
Ph: (718) 344-6766
Website: www.HeatherSnowClark.com

[Hoops City U Summer Basketball Camps](#)

Hoops City U - RTP, The Commerce Building
4300 Emperor Boulevard, Suite 250
Ph: (919) 474-2400
Website: www.hoopscityu.com

[Grandmaster Choi's Tae Kwon Do Camps](#)

105 W. NC Hwy. 54, Suite 269
Contact: Grandmaster Su Jin Choi
Ph: (919) 544-2222
Website: www.masterchoi.us

[Duke Men's Soccer Camp For Boys](#)

Contact: John Kerr, Head Coach
Ph: (919) 240-5761
Email: dukesoccercamps@aol.com
Website: www.DukeSoccerCamp.com

[Accelerator Summer Program](#)

North Carolina School of Science and Mathematics
1219 Broad Street
Contact: Jen Hill
Ph: (919) 416-2635
Email: Jen.Hill@NCSSM.edu
Website: www.NCCSM.edu/Accelerator

[Camp Cheerio](#)

1430 Camp Cheerio Road, Glade Valley,
Contact: Michaux Crocker, Director
Ph: (336) 363-2604 (Summer)

FAYETTEVILLE

[Michael's Arts and Crafts Camps for Kids](#)

2057 Skibo Road
Ph: (910) 860-2653
Website: www.michaels.com

[Razzle Dazzle Arts Summer Theatre Camps](#)

Northwood Temple Academy
4250 Ramsey Street
Contact: Sarah Williams
Ph: (910) 527-4567
Email: RazzleDazzleArts@gmail.com
Website: www.RazzleDazzleArts.org

[Omega Gymnastics Summer Camps](#)

4145 Ferncreek Drive
Contact: Sarah Gill
Ph: (910) 484-3005
Email: OmegaGymnastics@hotmail.com
Website: www.OmegaGymnasticsNC.com

[Fayetteville YMCA Camps](#)

2717 Fort Bragg Road
Ph: (910) 426-9622
Website: www.ymcaofthesandhills.org

[Fayetteville Swampdogs Baseball Summer Camps](#)

J.P. Riddle Stadium 2823 Legion Road
Ph: (910) 426-5900
Website: www.goswampdogs.com

[Fayetteville Huntington Center Summer Camps](#)

2545 Ravenhill Drive, Suite 103,
Ph: (910) 323-1855
Website: www.fayetteville_nc.huntingtonlearning.com

[Fayetteville Community Church VBS Summer Camp](#)

2010 Middle River Loop
Ph: (910) 323-5313
Website: www.fcnc.us

[Camp Dixie](#)

373 W. Bladen Union Church Road
Contact: Laura Jernigan
Ph: (910) 865-5180
Email: Registration@CampDixie.com
Website: www.CampDixie.com

WILSON

[Save a Youth](#)

St. John CDC, 119 E. Pender St.
June 17-Aug. 16 Hours are 7:30 a.m. to 5:30 p.m., Monday through Friday. Cost is \$35 per week with scholarships and multi-child family discounts available.
Registration fee is \$20.
Ph: 265-9764.
Website: stjohncdcwilson.org

[Wilson Recreation Department](#)

Register for these camps at the Recreation Park, Reid Street Center or online at wilsonnc.org.

Play Camp
Summer Time Fun
Sports Camp
Williams Day Camp
Recreation Paper Chasin'
Baking Workshops
Gymnastics Camp
Golf Camp

[Wilson Recreation Swim America](#)

Reid Street Pool
Youth morning classes for ages 4+ Monday-Friday are offered in four sessions
Class is 10:30- 11:10 and 11:15-11:55 a.m.
Recreation Park Pool
Youth morning classes for ages 4+ Monday-Friday are offered in four sessions
Class times are 9-9:40, 9:45-10:25. and 10:30-11:10 a.m.

[THE SPOT](#)

The SPOT's summer camp is June 10-Aug. 9 and is in two sessions. Each session is \$185. Hours are 7:30 a.m. to 5:30 p.m. There's also a half-day sports and fitness camp Aug. 12-16 for \$35 for grades K-8. Contact 252-991-4018 or visit wilsonyouthunited.org.

[Wilson Family YMCA](#)

Y Camps
Gymnastics Summer Camp
Swim Lessons

[Salvation Army Boys and Girls Club](#)

June 10-Aug. 23, 7:30 a.m. to 5:30 p.m.
Cost is \$40 a week per child.
Ph: 243-5443.