

NEWSLETTER

WELCOME TO THE

The Guidance of Hope Corner

Celebration, Healing & Liberation

✦ June is here, and with it comes so much to celebrate personally, professionally, culturally, and collectively.

On a personal note, June will always hold a special place in my heart because it marks **my wedding anniversary**. Three years ago, I married my best friend, and it remains one of the greatest gifts and decisions of my life. (I love you, honey.)

Professionally, June also marks one year since I made the decision to fully focus on Guidance of Hope and invest wholeheartedly in growing the practice. GOH has always been more than a business to me—it is part of my purpose. My vision has never been limited to therapy alone. **I want GOH to be a space where healing is possible, accessible, and ongoing, while also serving as a hub for education, coaching, consultation, and community.**

As I reflect on this past year, I am also reminded of something many of us struggle with: the importance of rest. As leaders, caregivers, parents, helpers, and visionaries, we can become so focused on building, producing, and achieving that we lose connection with our bodies, our relationships, and our spirituality. **This year has reminded me that growth requires effort, but sustainability requires rest.**

This month we celebrate Juneteenth, Father's Day, Pride Month, Caribbean American Heritage Month, and the beginning of summer. We also celebrate something historic: Haiti's first appearance on the world stage of the FIFA World Cup, a moment of immense pride for Haitians everywhere.

At the same time, we cannot ignore the conversations that need our attention. This issue focuses on men's mental health, a topic that continues to be overlooked despite rising rates of suicide, isolation, depression, violence, and emotional disconnection among men. To the men reading this: you do not have to struggle in silence.

To our LGBTQ+ community: your identity, dignity, and humanity deserve celebration and protection. To those across the African and Caribbean diaspora: celebrate loudly. Tell your stories. Honor your ancestors. Take up space.

There may be chaos around us. There may be attempts to erase history, silence voices, or diminish our humanity. But we will not be distracted from celebrating our culture, our resilience, and our collective victories.

This month, celebrate every win, big or small.



Her Health . Her Power . Her Story

Love you, fam!
Judeline



THE UNIQUE EXPERIENCE OF MEN OF COLOR

MANY MEN OF COLOR CARRY MULTIPLE BURDENS SIMULTANEOUSLY:

- Financial pressure
 - Racial stress
 - Family expectations
 - Immigration experiences
 - Cultural identity struggles
 - Expectations of masculinity
- Some are supporting entire families.

Some are navigating systems that question their worth.

Some are trying to become the men they never had examples of growing up.

Many are carrying wounds they never received permission to acknowledge.

CARIBBEAN & IMMIGRANT MEN

In many Caribbean and immigrant communities, strength is often measured by sacrifice.

Men are expected to:

- work harder
- complain less
- keep moving
- figure it out themselves
-

The message becomes:

"Handle it."

"Pray about it."

"Don't let people see you struggle."

While faith and resilience are powerful, they are not substitutes for emotional healing. Strength is not the absence of emotion. Strength is having the courage to face it.

QUESTIONS FOR MEN

This month, ask yourself:

- What am I carrying that nobody knows about?
- When was the last time I felt emotionally supported?
- What emotions do I struggle to express?
- Where did I learn what it means to be a man?
- Is that definition helping me or hurting me?

Men's Mental Health: A Critical Discussion Needed

The Weight Men Carry in Silence

This month, as we recognize Men's Mental Health Awareness Month, it's important to acknowledge a reality that often goes unnoticed:

Many men are struggling.

And many are struggling alone.

For Black men, Caribbean men, immigrant men, and men of color, mental health challenges are often compounded by cultural expectations, systemic barriers, and generational messages about what it means to be a man.

Many men were not taught how to talk about emotions.

They were taught how to:

- survive
- provide
- protect
- endure

But rarely how to grieve, rarely how to ask for help, rarely how to process disappointment, heartbreak, fear, or loneliness. As a result, pain often gets redirected.

Depression may look like:

- anger
- irritability
- overworking
- emotional withdrawal
- substance use
- isolation

Anxiety may look like:

- constant busyness
- hypervigilance
- controlling behavior
- difficulty resting

And grief may look like silence.



Father's Day

More Than a Provider

I know Father's Day doesn't always receive the same attention as Mother's Day, but fathers are just as important and equally valuable.

I have a complex relationship with my dad, and growing up, he was the fun one, the joker of the family. To this day, he can still make me laugh, and I know that being a father has always been important to him.

I am also blessed to have three amazing brothers who are wonderful fathers to their children. Watching them parent has reminded me how impactful a father's presence can be. And I would be remiss if I didn't mention my husband, who is an AMAZING father. Watching him show up with love, patience, and dedication for our family has been one of my greatest blessings.

Beyond my family, I have been fortunate to have father figures throughout my life who have poured wisdom, support, protection, and encouragement into me. Their influence has shaped me in ways I can never fully repay.

This Father's Day, I want to celebrate the fathers, stepfathers, grandfathers, mentors, coaches, uncles, and father figures who choose to show up. Fatherhood is about so much more than providing financially. It is about presence, guidance, protection, connection, and love.

To all the fathers and father figures reading this: thank you. Your impact matters more than you may ever know.

Sometimes healing is not about changing the past. Sometimes healing is about deciding what we carry forward and what we no longer need to pass on to the next generation.

Father Wound

/ father - wound / noun

A psychological and emotional injury from growing up with a father (or father figure) who was absent, abusive, controlling, or not emotionally attuned/available to you.

Honoring the Complexity of Father's Day

While Father's Day is a time of celebration for many, it can also bring up difficult emotions for others.

Some are navigating father wounds that continue to impact how they see themselves, trust others, or move through relationships. Some are grieving the loss of a father, grandfather, mentor, or father figure. Others may be carrying the pain of estrangement, abandonment, or relationships that never became what they hoped they would be.

For some, Father's Day is filled with gratitude and joy.

For others, it may be filled with sadness, disappointment, anger, confusion, or longing. And for many, it is all of those things at once.

The truth is that fathers shape us in powerful ways through their presence, their absence, their words, their actions, and sometimes even through what they were unable to give.

Wherever you find yourself this Father's Day, know that your experience is valid and worthy of acknowledgment.

Perhaps this month is an opportunity not only to celebrate, but also to reflect.

Reflection Questions

- What lessons did my father teach me about love, relationships, and family?
- What strengths did I inherit from him?
- What wounds am I still carrying?
- What messages about manhood, womanhood, or worth did I learn growing up?
- Which lessons am I choosing to keep?
- What would healing look like for me in this season?



Pride Month

Pride is about more than celebration.

It is about visibility.

Safety.

Belonging.

And the right to exist fully as yourself.

For many LGBTQ+ individuals, healing includes:

- unlearning shame
- finding affirming community
- creating chosen family
- embracing identity
- living authentically

Pride is not only about being seen. It is about creating a world where everyone has the freedom, dignity, and safety to be fully themselves.

Living Authentically

This month, we honor the courage it takes to be seen in a world that has not always made space for people to exist freely.

At the same time, Pride also invites us to reflect honestly on the work that still needs to be done, even within our own communities.

While the LGBTQ+ community has fought tirelessly for visibility and rights, there are still divisions that exist. Black queer individuals often navigate the intersection of racism and discrimination within spaces that are meant to feel safe. Transgender individuals continue to experience disproportionate rates of violence, rejection, discrimination, and barriers to healthcare. Many people find themselves questioning whether they fully belong, not because of who they are, but because of how they are treated.

The reality is that belonging cannot be selective. A community is only as strong as its willingness to create space for all of its members.

Pride challenges us not only to celebrate diversity but to examine how we show up for one another. It asks us to move beyond tolerance toward understanding, compassion, and solidarity.

As a therapist, I have witnessed the healing that occurs when people are given permission to bring their whole selves into a space without fear of judgment. I have also witnessed the harm that occurs when people feel unseen, invalidated, or pushed to the margin, even within communities that share similar struggles.

This month, I encourage all of us to think about authenticity not only as a personal journey but as a collective responsibility.

WAYS TO HONOR PRIDE MONTH

Support

LGBTQ+ Creators, Businesses & Organizations

Watch a documentary, read a memoir, attend a Pride event, or engage with stories that expand your perspective.

Practice Authenticity. Where am I being invited to live more authentically?

Create Space for Connection & Belonging:

You can:
Attend a Pride event
Join a community gathering
Have meaningful conversations with loved ones

Reflection Questions

- Where in my life am I being invited to show up more authentically?
- Do I feel fully accepted in the communities I belong to?
- How do I contribute to creating belonging for others?
- What assumptions or biases am I being challenged to examine?
- What does living authentically mean for me today?



Caribbean Heritage Month

As a Haitian-American woman, Caribbean Heritage Month holds deep meaning for me. It is an opportunity to celebrate not only where we come from, but also the resilience, strength, and cultural richness that continue to shape who we are today.

Caribbean American Heritage Month was officially recognized in 2006 after years of advocacy to acknowledge the countless contributions Caribbean people have made to the United States and the world. From politics and education to healthcare, business, sports, music, and the arts, Caribbean people have helped shape history while preserving the unique cultures, languages, and traditions that connect us to our roots.

As Haitians, Jamaicans, Trinidadians, Dominicans, Bahamians, Barbadians, and so many others across the Caribbean diaspora, we share a legacy of resilience.

Our culture is rich with:

- faith and spirituality
- creativity and innovation
- community and connection
- perseverance and sacrifice
- music, food, language, and storytelling

⚽ HAITI MAKES HISTORY

This year marks a historic moment as Haiti steps onto the world stage in the FIFA World Cup.

For many Haitians, this is bigger than sports.

It represents:

- **visibility**
- **national pride**
- **possibility**
- **representation**

For a country that has faced countless challenges, this moment reminds us that our story is bigger than our struggles.

Our people continue to rise.

Caribbean communities continue to face challenges
Many immigrants and first-generation Caribbean Americans navigate:

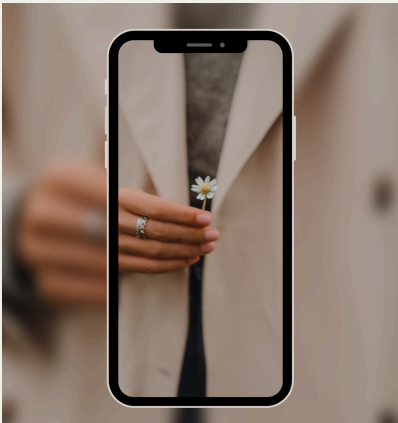
CULTURAL IDENTITY CONFLICTS



financial pressure



expectations to be strong at all times



IMMIGRATION-RELATED STRESS



mental health stigma



balancing traditional values with modern realities.

**BECAUSE OUR HERITAGE IS NOT ONLY FOUND IN HISTORY BOOKS.
IT LIVES IN US.**

This month, I encourage you to celebrate:

- Caribbean music
- Caribbean literature
- Caribbean food
- Caribbean history
- Caribbean businesses
- Caribbean artists and creators

But most importantly, celebrate the people.

My Thoughts

As a therapist, I believe it is possible to honor our cultural values while also creating space for healing. We can celebrate our strength while acknowledging our pain. We can honor our ancestors while choosing not to carry every burden they carried.

Juneteenth Freedom Is Still the Work

Juneteenth commemorates June 19, 1865—the day enslaved African Americans in Texas finally learned they were free, more than two years after the Emancipation Proclamation was signed.

- It is a day of celebration.
- A day of remembrance.
- A day of honoring the resilience, courage, and sacrifices of those who came before us.

But Juneteenth is also a reminder that freedom is not a destination; it is an ongoing process. Freedom is not only historical.

Freedom is emotional.

Psychological.

Financial.

Relational.

Spiritual.



- We carry stories about survival.
- Stories about strength.
- Stories about who we must be in order to be accepted, successful, or safe.

While many of these stories protected us, some of them may also be keeping us bound.

- Bound by fear.
- Bound by shame.
- Bound by silence.
- Bound by people-pleasing.
- Bound by perfectionism.
- Bound by the belief that our worth must be earned rather than inherently possessed.



Many of us are no longer fighting the same battles as our ancestors, but we are still wrestling with the impact of systems, beliefs, and wounds that have been passed down through generations.

As a therapist, I often see people fighting for external freedom while remaining trapped internally. We can leave unhealthy environments but still carry the wounds.

We can achieve success but still struggle with self-worth.

We can be surrounded by people and still feel emotionally imprisoned by loneliness. That is why healing is liberation work.

Every time we:

- set a boundary
- challenge a limiting belief
- ask for help
- process trauma
- speak our truth
- choose ourselves

we are practicing freedom.

Reflection Questions

- What am I still trying to liberate myself from?
- What beliefs did I inherit that no longer serve me?
- Where am I shrinking to make others comfortable?
- What would emotional freedom look like in my life?
- What part of myself is asking to be set free?



"Can Your Relationship Hold the Person You're Becoming?"

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As we move into the summer season, many of us naturally begin reflecting on growth, goals, freedom, and the life we are creating for ourselves.

But growth raises an important question:

Can your relationships hold the person you are becoming?

Many relationships begin because two people are attracted to who each other is in a particular season. But healthy relationships require something more. They require the ability to adapt as each person evolves.

Growth changes people

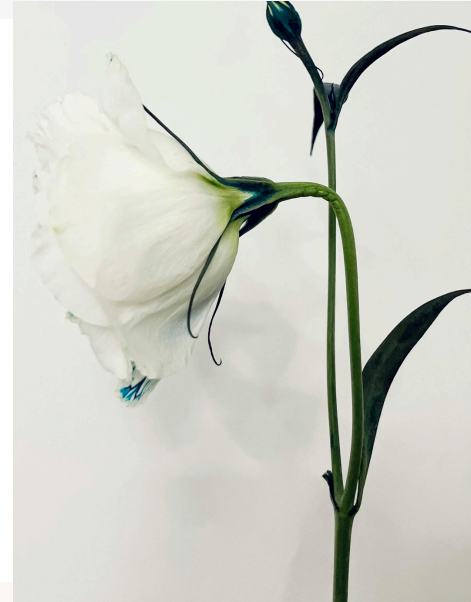
Sometimes growth means:

- setting new boundaries
- healing old wounds
- prioritizing mental health
- pursuing new goals
- becoming more authentic
- learning to communicate differently

The challenge is that not every relationship knows how to adjust when one or both people begin changing.

For couples, this may show up as:

- feeling disconnected from one another
- struggling to understand each other's new needs
- conflict around priorities and expectations
- fear that growth means growing apart



For singles, growth may reveal that old relationship patterns no longer fit the person you are becoming. You may find yourself less willing to settle, ignore red flags, or sacrifice your values for connection.

For those in queer and non-traditional relationships, growth often requires ongoing conversations about identity, needs, expectations, and how the relationship evolves over time.

Therapist Insight

One of the greatest misconceptions about relationships is that compatibility means staying the same. Healthy relationships don't require people to remain unchanged. They require people to remain curious. The strongest partnerships create space for both individuals to evolve without seeing growth as a threat.

Reflection Questions

- Does my relationship support my growth or resist it?
- Have I communicated how I am changing?
- Am I allowing the people I love the freedom to evolve?
- What conversations have we been avoiding about our future?
- Does this relationship still align with my values?

GOH Relationship Challenge

This month, have one conversation with someone you care about and **ask:**

👉 "How have you changed in the last year?"

Then ask:

👉 "How can I better support the person you're becoming?"

Sometimes intimacy is not built through grand gestures.

Sometimes it's built by remaining curious about who someone is today, not who they used to be.

Because healthy relationships aren't just about loving who someone was.

They're about making room for who they are becoming.

UPCOMING WORKSHOP & NEW SERVICE



Pause. Prioritize. Protect Your Peace.

MENTAL HEALTH | SELF-CARE | RESOURCES | SUPPORT

New at Guidance of Hope GOH Triage Sessions

Need support now but not ready for weekly therapy?

GOH Triage Sessions are short-term, high-focus sessions designed to help you:

- Stabilize in moments of overwhelm
- Gain clarity on what's happening
- Leave with a practical plan

We focus on:

- What you're experiencing
- What you need most right now
- Your next best steps

Using evidence-based tools (DBT, ACT, mindfulness), these sessions are designed to help you feel grounded, supported, and back in control.

🌟 **Limited spots available.**

UPCOMING EVENTS & HOW TO CONNECT

GUIDANCE OF HOPE

WHERE THE ROAD TO HEALING NEVER ENDS

Thank you for visiting!

CONNECT WITH ME

AT EY'S 2026 JUNETEENTH CELEBRATION

Healing can begin today!
Guidance of Hope, LLC offers online and in-person counseling geared towards reconstructing your life to address challenges, changes, and pain to create growth, peace, and empowerment!

Judeline Altema-Conmeyer
FOUNDER & CEO
GUIDANCE OF HOPE, LLC

LET'S STAY CONNECTED!

WEBSITE
GUIDANCEOFHOPE.COM

TIKTOK
@JUDELINELTEMA

INSTAGRAM
@GUIDANCEOFHOPE

Let's Connect!
301-820-0052

ONLINE & IN-PERSON COUNSELING AVAILABLE

TOGETHER, WE BRING HOPE AND CREATE CHANGE.
You don't have to walk this road alone.

GUIDANCE OF HOPE

WHERE THE ROAD TO HEALING NEVER ENDS

I ACCEPT

Lyra HEALTH

Mental health care that works for you.

HEALING CAN BEGIN TODAY!
Guidance of Hope, LLC offers online and in-person counseling geared towards reconstructing your life to address challenges, changes, and pain to create growth, peace, and empowerment!

ACCESS QUALITY CARE
Get personalized mental health support that fits your needs.

CONFIDENTIAL & SECURE
Your privacy is protected every step of the way.

COVERED BY YOUR PLAN
Lyra Health is available at no cost to you through your employer benefits.

LEARN MORE ABOUT LYRA HEALTH

www.lyrahealth.com

HEALING CAN BEGIN TODAY.
You don't have to walk this road alone.

Let's Connect!
301-820-0052

TOGETHER, WE BRING HOPE AND CREATE CHANGE.
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Guidance of Hope Resource Corner

TRAUMA & COPING

- 01 **Grounding exercises (5-4-3-2-1)**
- 02 **Insight Timer (app): guided anxiety & trauma practices**
- 03 **Read: *The Body Keeps The Score* by Bessel Van Der Kolk**
The Pain We Carry: Healing from Complex PTSD for People of Color by Natali Gutierrez
- 04 **Body-based regulation (stretching, walking, breathwork)**



BIPOC-Centered Mental Health Resources

Inclusive Therapy directories



Therapy For Black Girls



Therapy for Lanin X



Melanin & Mental Health



National Queer and Trans
Therapist of color



Sol Counseling & Consulting

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Community-based healing spaces

BEAM

Supports the mental health and well-being of marginalized communities through training, funding, and healing-centered resources for therapists and wellness practitioners.

LOVELAND FOUNDATION

Supports Black women's mental health by funding therapy, providing resources, and investing in BIPOC therapists

THE NAP MINISTRY

Was founded in 2016 by Tricia Hersey and is an organization that examines the liberating power of naps.

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Culturally responsive podcasts and readings

Couch Chronicles
Therapist After Dark
(My podcast)

Therapy For
Black Girls

Just Lyfin Podcast

Rest of Us Podcast

All Relations Podcast

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Celebration, Liberation, Identity, & Healing

June reminds us that healing and celebration can coexist. We can acknowledge pain while honoring progress. We can grieve what we've lost while celebrating what we've built. We can rest while continuing to grow. As you move through this month, I hope you make room for all of it: joy, culture, healing, community, and hope.

Celebrate loudly.

Rest intentionally.

Live authentically.

And remember, you do not have to carry everything alone.

WITH CARE,

**JUDELINE ALTEMA-COMMEY, LCPC
FOUNDER, GUIDANCE OF HOPE, LLC**

Interested in therapy, workshops, or future newsletters? Visit the Guidance of Hope website or follow us on social media for updates.

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Therapy For Black Girls

Just Lyfin Podcast

Rest of Us Podcast

All Relations Podcast

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Celebration & Healing

As we close this month's issue, I hope you take a moment to reflect on everything June has invited us to consider. We celebrated love, family, culture, identity, freedom, and community. We honored fathers and father figures, recognized the importance of men's mental health, celebrated Pride Month, embraced our Caribbean heritage, and reflected on the ongoing meaning of Juneteenth. While **these topics may seem different, they all point us toward the same truth:**

Healing happens when we are given permission to be fully human.

Human enough to celebrate our victories.

Human enough to acknowledge our pain.

Human enough to rest.

Human enough to ask for help.

Human enough to grow.

WITH CARE,

**JUDELIN ALTEMA-COMMEY, LCPC
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