

JUNE

NEWSLETTER

EOC
JUN 2025

WHAT'S NEW THIS MONTH

SUMMER

This summer, EOC's got a lot happening! Stronger partnerships, more workshops, and lots of services for you!

THE RELATIVES

EOC is proud to be partnering with The Relatives! Join us for an Interview Skills Workshop at the Relatives in Charlotte on June 15th!

IMPORTANT DATES

CPCC :

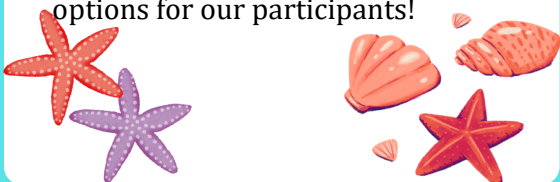
Withdraw date for the 8-week session is on June 8th.

The first 4-week session ends on June 14, and the second begins on June 17.

Contact us about help with staying on track!

TUTORING CHANGES

EOC is now offering reading and math tutoring every Tuesday, Wednesday, and Thursday at CPCC Central Campus, AND online options for our participants!



MESSAGE FROM EOC

SUMMER SESSIONS!

Summer is here! Summer is a time for fun in the sun, vacations, and cookouts, but EOC participants use the summer to get ahead in their studies!

Summer sessions at CPCC are happening now.

Taking classes in the summer can help you move through your program more quickly, or strengthen areas where you are struggling. And while you work on your summer classes, you EOC counselors will always be here to help you every step of the way!

Tutoring is now available to help you build your math and reading skills.

In This Issue

Summer - June marks the beginning of summer! Find out about what's happening this summer.

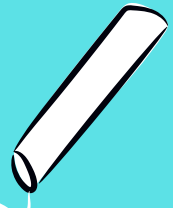


June Celebrations! - Father's Day, Pride & Juneteenth!

Contact Us!

- Office: 704-536-9007
- Cell: 704-408-0315
- email:
eoc@academicinstitute.education

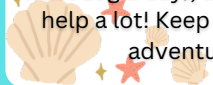
June



Be Well this Summer!

Summer is the perfect time to become more intentional about your personal wellness journey! Wellness is about more than just achieving your summer body. It's taking care of your health, your mind, and your overall self!

You can make easy choices that can help you develop a personalized wellness routine through positive habits and reinforcement. Try taking a walk outside daily! You can set an easy step goal, and then increase it as you get stronger. Make sure to get plenty of fresh fruit, vegetables, and grains into your diet! Most adults in the US don't get enough fiber (at least 25g a day), and choosing fruit & vegetables can help a lot! Keep a journal of your daily habits and adventures to keep you on track!



QUOTE OF THE MONTH

"In the summer's embrace,
we find the warmth that
fuels our dreams."
- Leo Beachwood



SUMMER WITH EOC



THE SUMMER SEASON OFFICIALLY STARTS ON THE SOLSTICE, WHICH OCCURS EVERY YEAR AROUND THE 20TH OR 21ST OF JUNE. THIS YEAR, THE SOLSTICE FALLS ON JUNE 21ST.

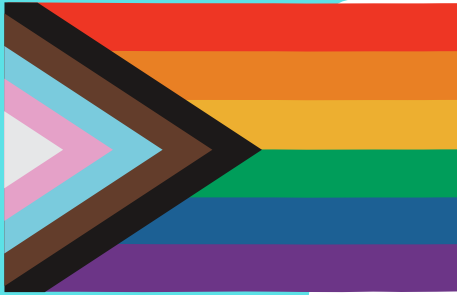
EOC KICKED OFF THE SUMMER SEASON WITH AN EDUCATIONAL TRIP TO FOLLY BEACH! PARTICIPANTS GOT TO EXPERIENCE THE SOUTH CAROLINA AQUARIUM IN CHARLESTON, AND MANY MORE FUN AND EDUCATIONAL EXCURSIONS. STAY INVOLVED WITH EOC TO LEARN ABOUT MORE EXCITING OPPORTUNITIES AVAILABLE TO SUPPLEMENT YOUR EDUCATION!

HAPPENING IN JUNE:

- NATIONAL CARIBBEAN AMERICAN HERITAGE MONTH – RECOGNIZES THE CONTRIBUTIONS OF CARIBBEAN AMERICANS TO U.S. HISTORY AND CULTURE.
- NATIONAL IMMIGRANT HERITAGE MONTH – CELEBRATES THE RICH DIVERSITY AND CONTRIBUTIONS OF IMMIGRANTS IN AMERICAN SOCIETY.
- MEN'S HEALTH MONTH – ENCOURAGES AWARENESS OF HEALTH ISSUES AFFECTING MEN AND BOYS.

Celebrate In June

Pride Month



June is Pride Month—a time to honor the history, resilience, and joy of the LGBTQ+ community. From the Stonewall Uprising to today's movements for equality, Pride is about more than rainbows—it's about visibility, self-expression, and fighting for justice. Whether you're part of the community or an ally, it's a great time to learn, celebrate, and show up for LGBTQ+ voices on campus and beyond.



Father's Day

Father's Day (the third Sunday in June) is a chance to celebrate the dads, stepdads, grandfathers, uncles, mentors, and father figures who've had our backs. Whether they taught you how to drive, helped with tough decisions, or just made you laugh when you needed it—today's about recognizing the love and support they give. Reach out, say thanks, or take a moment to reflect on the people who've shaped your journey. This year, Father's Day falls on Sunday, June 21st!



Juneteenth

Juneteenth (June 19) marks the day in 1865 when the last enslaved people in the U.S. learned they were free—over two years after the Emancipation Proclamation. It's a powerful reminder that freedom wasn't given—it was fought for. Today, Juneteenth is a time to celebrate Black history, culture, resilience, and joy, while also recognizing the ongoing work toward racial justice. Take time to learn, reflect, and uplift Black voices—not just on Juneteenth, but every day.

