October 2026 Newsletter: Breast Cancer Awareness, Community Safety, and Support



COMMUNITY SAFETY ALERT: As the holiday season approaches, stay alert in parking lots, garages, gas stations, driveways, and shopping areas. Lock vehicle doors, keep valuables out of sight, avoid leaving a vehicle running or keys inside, and park in well-lit areas. If someone threatens you or demands your vehicle or belongings, prioritize your safety, do not resist or pursue the person, move to a safe location, and call 911. Turn to the Community Safety, Crime Prevention, and Support Resources section for fire safety, carjacking and theft prevention, fraud protection, crisis support, crime-victim assistance, and identity-theft resources.

October is Breast Cancer Awareness Month—a time to turn awareness into informed action through education, timely screening, compassionate support, and open conversations about breast health. This issue also highlights community safety, crime prevention, crisis support, fraud protection, and practical resources as the holiday season approaches. TEECH recognizes every individual and family affected by breast cancer and encourages all community members to protect their health, personal safety, and well-being.

Breast cancer begins when cells in breast tissue grow out of control. It can affect people of any gender, although it occurs far more often in women. Possible warning signs include a new lump in the breast or underarm; thickening or swelling; a change in breast size or shape; skin dimpling, irritation, redness, or flaking; a nipple that pulls inward; nipple or breast pain; and discharge other than breast milk, including blood. Some people have no noticeable symptoms, and many breast changes are not cancer. Even so, any new or concerning change should be evaluated promptly by a health care professional. (CDC, “Symptoms of Breast Cancer”)

Screening mammograms can find some breast cancers before symptoms appear. The U.S. Preventive Services Task Force recommends a mammogram every two years from ages 40 through 74 for women and other people assigned female at birth who are at average risk. People with previous breast cancer, certain high-risk breast findings, harmful inherited gene changes such as BRCA1 or BRCA2, prior high-dose chest radiation at a young age, or other significant risk factors should discuss an individualized screening plan with a qualified health care professional. Anyone who notices a breast change should seek medical evaluation rather than wait for routine screening. (USPSTF, “Breast Cancer: Screening”; CDC, “Screening for Breast Cancer”)

Breast cancer risk reflects a combination of factors. The most important population-level factors are being female and getting older; family history, inherited genetic changes, dense breasts, personal breast history, alcohol use, physical inactivity, and other factors may also affect risk. Many people diagnosed with breast cancer have no known family history. Staying physically active, limiting alcohol, and discussing personal risk with a health care professional may support breast health, but no action guarantees prevention. (CDC, "Breast Cancer Risk Factors"; National Cancer Institute, "Causes and Risk Factors")

Breast health information is most useful when it leads to action: know what is normal for your body, report changes promptly, check when you are due for screening, and ask a trusted health care professional which plan is right for you.

Reliable information is available from CDC Breast Cancer (www.cdc.gov/breast-cancer), the National Cancer Institute (www.cancer.gov/types/breast), and the American Cancer Society (www.cancer.org/cancer/types/breast-cancer).

Supporting Individuals and Families Affected by Breast Cancer

Breast cancer can affect physical health, emotional well-being, work, family responsibilities, and finances. Helpful support may include listening without judgment, respecting privacy, assisting with meals or transportation when requested, accompanying someone to appointments, helping organize questions or care information, and connecting patients and caregivers with trusted services. Caregivers also need rest, communication, and support for their own health. The American Cancer Society offers a 24/7 cancer helpline at 1-800-227-2345 and, where available, free rides to cancer-related appointments through Road To Recovery. (National Cancer Institute, "Caring for the Caregiver"; American Cancer Society, "Cancer Support Resources, Programs, and Services").

TEECH Supports Breast Cancer Awareness in Our Community

In 2026, TEECH proudly supported local breast cancer awareness walks, including Pink on the Park. Our participation reflects our commitment to standing with survivors, honoring those affected by breast cancer, encouraging screening and education, and strengthening community connections. We are grateful to everyone who walked, volunteered, shared resources, and helped turn awareness into meaningful support.

TEECH supporting Pink on the Park in 2026

THE BFFs

WEAR
SUPPORT
DONATE
PARTICIPATE

WHAT IF CAROLYN K. ADAMS BREAST CANCER FOUNDATION
& ALL ABOUT PINK PRESENT

Pink out the park

FOR BREAST CANCER

TOGETHER FOR A BRIGHTER TOMORROW



Stronger Together

SUPPORTING THE FIGHTERS, ADMIRING THE SURVIVORS & CELEBRATING HOPE

MATTERSON COMMUNITY CENTER TRACK

SATURDAY, OCTOBER 17, 2026

REGISTRATION
9:00AM

RACE START
9:30AM

DONATE TO SUPPORT BREAST CANCER
SCHOLARSHIPS, AWARENESS AND EDUCATION.

COMMUNITY ♥ AWARENESS ♥ CHANGE


Pink out the park




THE BFFs

Celebrating October Participant Completions

Recognizing October Graduates

As we move through October, TEECH is proud to look back and celebrate our October graduates and the meaningful progress they achieved. Their completions show recovery in action: choosing to keep showing up, honoring commitments, meeting expectations, and taking steady steps toward stability, wellness, and purpose.

Through TEECH's Recovery Support Services and Workforce Development programs, participants advanced individualized goals, employment readiness, life skills, skill-building activities, and program and community-supervision expectations. Their progress reminds us that recovery, reentry, and workforce readiness are ongoing journeys built through consistency, connection, and one step forward at a time.

This October recognition is more than a look back at program completion. It honors the real choices, sustained effort, and personal achievements that make recovery visible. As we celebrate our October graduates, we also recognize the hope, resilience, and community support that help individuals, families, and neighborhoods continue moving forward.

To our October graduates: your accomplishments continue to inspire us. Your effort is seen, your growth is valued, and your next chapter is worth pursuing with focus, courage, and hope. Congratulations on this meaningful achievement. TEECH is proud to stand alongside you as you continue building a stronger foundation for yourself, your family, and your future.



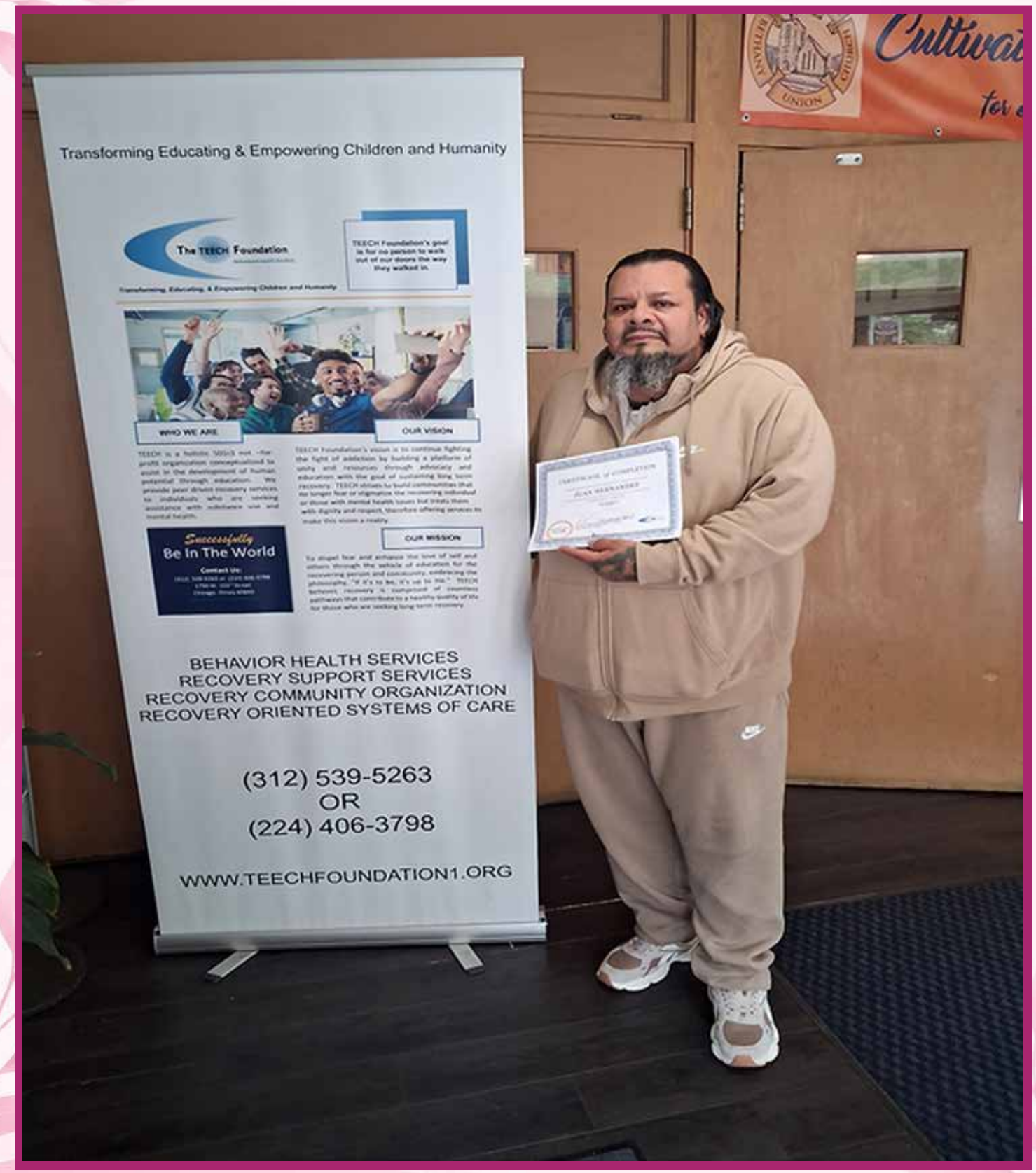
A.T.D


Transforming Educating & Empowering Children and Humanity
The Teech Foundation
Transforming Educating, Educating & Empowering Childbirth
Be in The World
BEHAVIOR HEALTH SERVICES
RECOVERY SUPPORT SERVICES
RECOVERY COMMUNITY ORGANIZATION
RECOVERY ORIENTED SYSTEMS OF CARE
(312) 539-5263
OR
(224) 406-3798
WWW.TEECHFOUNDATION1.ORG
SWAGGER
UNION

Christopher C.



Juan H.


Transforming Educating & Empowering Children and Humanity
The TEECH Foundation
TEECH Foundation's goal is for no person to walk out of our doors the way they walked in.
WHO WE ARE
OUR VISION
OUR MISSION
Successfully Be In The World
BEHAVIOR HEALTH SERVICES
RECOVERY SUPPORT SERVICES
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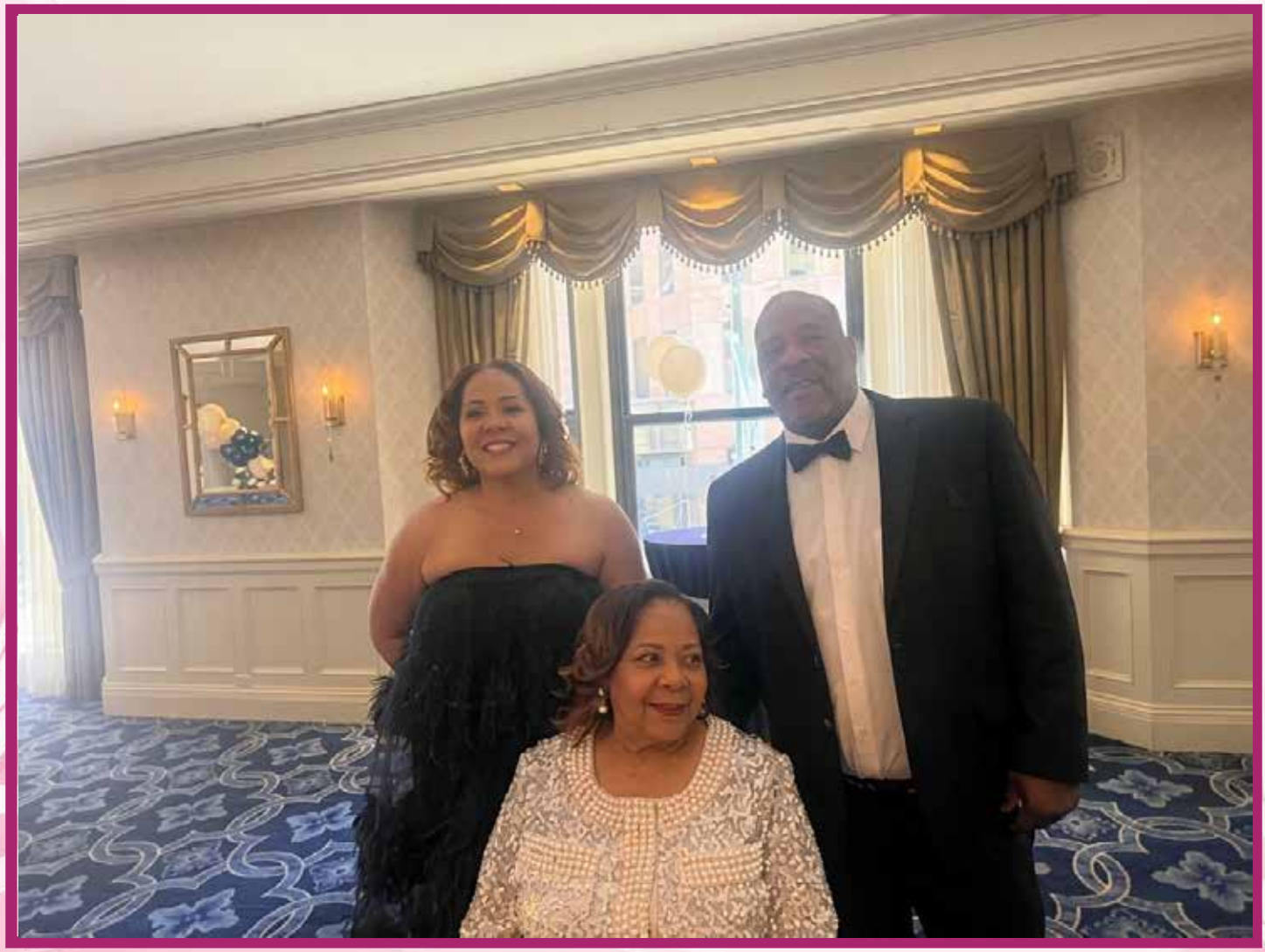
October Community Events: Reflection and Impact

Throughout October, TEECH continued extending its commitment to service beyond our programs and into the community. Our team participated in activities that created space for connection, awareness, encouragement, shared learning, and meaningful support for individuals, families, and neighborhoods. October's community engagement highlighted the power of collaboration. When agencies, service providers, community leaders, advocates, residents, and partners work together, we can share resources, reduce stigma, identify needs, and strengthen pathways to care, recovery support, employment, education, housing, wellness, and long-term stability. TEECH remains committed to carrying this work forward throughout the year.

Celebrating Ms. Carmen Meekins 70th Birthday – Partner RETINC



ROSC In-Person Regional Meeting






Holiday
Yuengling
LAGER
Welcome
Get W Last
Guests

Community Safety, Crime Prevention, and Support Resources

As the holiday season approaches, let us prepare with safety, wellness, and community care in mind. Check on older adults, neighbors, and anyone who may be isolated; use caution with candles, heaters, cooking, and electrical decorations; secure medications and substances away from children; plan safe and sober transportation; and protect personal and financial information from seasonal scams. Stay alert when entering, exiting, or sitting in a vehicle, especially in parking lots, garages, gas stations, and driveways. Keep doors locked and windows closed, avoid leaving a vehicle running or keys inside, park in well-lit areas, keep valuables and shopping bags out of sight, and have your keys ready before approaching your car. If someone threatens you or demands your vehicle or belongings, prioritize your safety, do not resist or pursue the person, move to a safe location, and call 911 as soon as possible. Report stolen vehicles and property promptly, and keep your license plate number, vehicle identification number, serial numbers, and photographs available. The holidays can also bring grief, stress, loneliness, and financial pressure, so reach out early for support, respect personal boundaries, and share trusted community resources with anyone who may need assistance. In an immediate emergency, call 911; for mental health, substance use, emotional, or suicidal crisis support, call or text 988.

Fire, Crisis, Community, Fraud, and Transportation Resources

- **U.S. Fire Administration Holiday Fire Safety:** Visit www.usfa.fema.gov/prevention/home-fires/prevent-fires/holiday for guidance on candles, decorations, lights, heating, and Christmas trees.

- **988 Suicide & Crisis Lifeline:** Call or text 988, or visit 988lifeline.org, for free, confidential, 24/7 mental health, substance use, emotional, or suicidal crisis support.

- **Illinois 211:** Call 211 or text your ZIP code to 898211 for free, confidential, 24/7 connections to food, housing, utilities, health care, mental health, transportation, and other community services.

- **Federal Trade Commission:** Visit ReportFraud.ftc.gov to report suspected shopping, gift-card, delivery, charity, or impersonation scams.

- **National Highway Traffic Safety Administration:** Visit www.nhtsa.gov/drunk-driving for impaired-driving prevention information. Plan a sober ride, use public transportation or a rideshare service, and call 911 if you see an impaired driver.

Theft, Robbery, and Crime-Victim Resources

If a robbery or theft is happening, someone is injured, a weapon is present, or there is an immediate threat, move to safety and call 911. Do not confront or pursue the offender. If the incident is over and the offender has left, call 311 to file a non-emergency Chicago police report. Preserve receipts, serial numbers, photographs, messages, transaction records, and any available video; contact your bank or card issuer immediately if financial items were taken.

- **Chicago Police Department Office of Victim Services:** Call 312-745-6340, Monday–Friday, 8 a.m.–4 p.m., for free advocacy, crisis support, safety planning, and referrals. A police report is not required to receive services.
- **Cook County State's Attorney Victim Witness Unit:** Call 773-674-7200 for guidance through the justice process, safety planning, counseling referrals, and information about possible financial assistance.
- **Illinois Attorney General Crime Victims Assistance Line:** Call 1-800-228-3368 for information about crime-victim rights, referrals, and compensation resources.
- **Illinois Identity Theft Hotline:** Call 1-866-999-5630 for one-on-one help reporting identity theft, contacting financial institutions, repairing credit, and preventing further harm.
- **Federal Identity Theft Recovery:** Visit IdentityTheft.gov to report identity theft and receive a personalized recovery plan. Report other scams or fraud at ReportFraud.ftc.gov.

Community Resources and Support

Use this quick-reference list to connect individuals, families, and community members to timely support for crisis care, housing, food, recovery, youth services, transportation, domestic violence support, and general community needs.

Keep these numbers available and share them with anyone who may need support.

Life-threatening emergency: call 911 immediately.

• 2-1-1 Metro Chicago / Illinois 211: Call 211 or text ZIP code to 898-211 for housing, food, utilities, employment, clothing, health care, and social services.

• 311 Chicago City Services: Call 311 for non-emergency City services, referrals, and shelter requests

• 911 Emergency Services: Call 911 for life-threatening emergencies, fire, medical emergencies, overdose, or immediate danger.

• 988 Suicide & Crisis Lifeline: Call/text 988 for 24/7 mental health, substance use, emotional, or suicidal crisis support.

• CARES Line / SASS Youth Crisis: Call 1-800-345-9049 for Illinois children/youth mental or behavioral health crisis support, 24/7.

• CCBYS Youth Crisis Services: Call 1-877-870-2663 for youth ages 11–17 who have run away, are locked out, homeless, or in family crisis.

• CTA Customer Service: Call 1-888-YOUR-CTA (1-888-968-7282) for CTA service, accessibility, feedback, and travel assistance.

• Greater Chicago Food Depository: Call 773-247-3663 for food pantries, groceries, meals, SNAP/Link help, and food support.

• Illinois Domestic Violence Hotline: Call/text 877-863-6338 for 24/7 confidential support, safety planning, and referrals.

• Illinois Helpline for Opioids/Substances: Call 833-234-6343 or text HELP to 833234 for treatment and recovery support.

• Illinois Warm Line: Call 866-359-7953 for non-crisis emotional support from trained Wellness Support Specialists.

• Immediate Shelter Assistance: In Chicago, call 311 or 312-744-5000 and request emergency shelter assistance

• NAMI Chicago Helpline: Call 833-626-4244 for local mental health support, guidance, and referrals.

• National Runaway Safeline: Call 1-800-RUNAWAY (1-800-786-2929) for 24/7 confidential youth safety support.

• Pace Suburban Bus: Call 847-364-7223 for suburban bus routes, schedules, and customer support.

• RTA Travel Information: Call 312-836-7000 for regional transit trip planning and travel information.

• Youth Homelessness Drop-In Resources: Youth/young adults can call 311 for basic needs, housing, food, hygiene, mental health, education, and employment support.

October Call to Action: Awareness, Screening, and Support

This October, consider scheduling a recommended mammogram, asking a health care professional about changes or risk factors, and sharing reliable breast health information with someone who may benefit. We can also support neighbors affected by cancer with respect, compassion, and practical assistance.

Breast Cancer Awareness: Key Reminders

• Know your own risk. Discuss age, family history, previous breast findings, and other risk factors with a qualified health care professional.

• Screening matters. Mammograms can detect some breast cancers before symptoms appear; follow screening advice appropriate for your age and risk.

• Do not ignore changes. A lump, skin or nipple change, or unusual discharge deserves timely medical attention, even after a recent mammogram.

• Support is personal. Ask what kind of assistance a person wants and respect their privacy and decisions.

Breast Health Facts

• Breast cancer can occur without a family history of the disease.

• A mammogram is a screening tool and may find changes before a person notices symptoms.

• Breast cancer can affect men as well as women, although it is less common in men.

• Early detection and timely follow-up can expand treatment options, but screening does not prevent every cancer.

This October, let us promote awareness, reduce barriers to care, and stand alongside individuals and families with dignity and compassion.

