

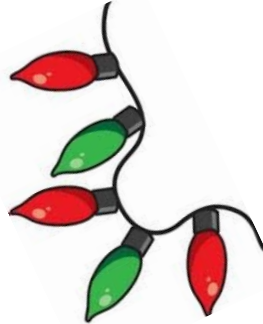


Parents Again

A Newsletter for Kinship Family Caregivers

A Holiday Message from Sarah

We are coming to the end of another year. 2020 is definitely a year that will not be forgotten. A year of trials and tribulations. As we look towards 2021 with the hope that it can't possibly be worse than 2020, we wait with baited breath to see what is in store for us all.



I want to take a minute to thank all the kinship families I've worked with this past year. You all are my light in this often times dark world. I am honored to work for a program that serves amazing families such as yours. Your role in our community and in the lives of the children you are raising is greatly appreciated and often times overlooked. Please know that I see you and I'm here to do what I can to help. I hope you are all able to take some time and do a little something for yourself during this holiday season.

Stay safe.
Stay well.
Stay healthy.

~Sarah Revord~

As we celebrate the holidays and start a new year, **here are some things to keep in mind:**

- * Kindness is free.
- * The past cannot be changed.
- * Happiness is found within.
- * Opinions don't define YOUR reality.
- * Smiles are contagious.
- * You only fail if you quit.
- * Positive thoughts create positive things.
- * There's always something to be thankful for.
- * Allow yourself to have some fun.
- * Forgiveness sets you free.
- * You cannot change others.

**Wishing you all
the happiest of holidays
and a very wonderful New Year.**

happy
holidays!

Parents Again Support Groups

In December and January,
our support groups will be held on Zoom.

You can use a landline phone, smartphone,
desktop computer, laptop, or tablet to join in.

December 18 @1pm * January 15 @1pm

To get access to the meetings:

Sarah Revord | 360-759-4317

sarah.revord@dshs.wa.gov

December 2020-January 2021

Youth Crisis Resources

The ongoing limit to onsite schooling paired with continued orders to practice social distancing and limit group sizes, many children and teens are continuing to feel lonely, isolated, anxious and/or helpless. These feelings may escalate as their holiday traditions may look different this year. Youth Crisis resources may be helpful during this time.

Youth Mobile Crisis Intervention of Clark County

1-800-626-8137

(This number is also for adults.)

- Free Services • Risk Assessment •
- Safety Planning • Parent /Caregiver Support •
- Resources • Community Connection •
- Youth Crisis Intervention •
- Mental Health Consultation •

Youth Lines

Youthline

call: 1-877-968-8491

text: 'teen2teen' to 839863

chat: www.oregonyouthline.org

email: teen2teen@linesforlife.org

YouthLine is a CONFIDENTIAL teen-to-teen crisis support and help line.

Teens can contact YouthLine to talk with other teens about anything that may be going on for them.

Support is available 24/7 via phone, text, chat, or email.

Teens are available to help daily from 4-10pm (adults are available by phone at all other times)

Clark County Teen Talk

Peer-to-Peer support

call: 360.397.2428

email: ccteentalk1@hotmail.com

DM: @PeppyPenerson on Facebook, Instagram, Snapchat, or Twitter
website: ccteentalk.clark.wa.gov

Positive Messages for Kids



Children need to know that they are loved, safe, and important. Below is a list of positive messages and words of encouragement that you can share with the

children in your life. Whether you tell them in passing, leave a sticky note on their door or in their lunch, or whisper it to them as they are going to bed, everyone loves to feel wanted and loved.

- + You are important.
- + Your words matter to me.
- + You are cared for and loved.
- + The world needs you.
- + You are enough.
- + You are beautiful inside and out.
- + It's okay to feel sad.
- + I admire you.
- + Have fun!
- + Let's try it your way.
- + Tell me all about it.
- + I'll always try to understand.
- + You make my life better.
- + Just be yourself.
- + You have so much to offer.
- + Believe in yourself and your abilities.
- + Don't be afraid.
- + I'm proud of the person you are.
- + I appreciate when you.....(add example).
- + I'm here for you, no matter what happens.
- + I love you just the way you are.
- + You make a difference in my life.
- + You're an important part of this family.
- + I'm never too busy for you.
- + You amaze me.
- + I'm proud of you.

**Words can inspire.
And words can destroy.
Choose yours well.**

-Robin Sharma

Setting Realistic Resolutions and Sticking to Them

2021 is finally in sight! With the beginning of a new year, many people choose to make changes to their behaviors or habits to promote better health, relationships, decision making, and more.

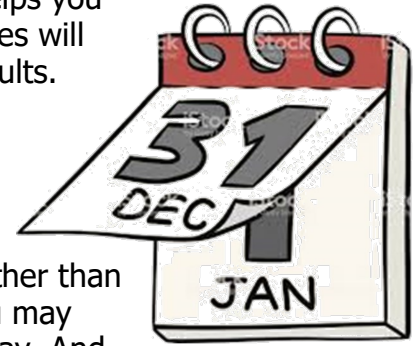
Nearly all resolutions are made with great optimism, but they typically hit a post-holiday slump. Frequently, they are set aside and forgotten.

Below are some ways to set realistic resolutions and ensure that the optimism doesn't fade away as the new year moves on.

- * **Start small.** Don't try to change everything all at once. Stopping all your unhealthy behaviors or taking on a bunch of new goals can be overwhelming. Setting small goals throughout the year lets you gradually increase changes over the course of several months instead of all at once.
- * **Write it down.** Writing down your goals and action plans gives you a visual reminder to refer back to. You'll have a clear view of the path to achieving your resolution(s).
- * **Track your progress.** Make note of what strategies are or are not working. Action plans and goals are not written in stone. If you notice that a plan is not working, or a goal needs to be revised, then change it.

Trial and error helps you see what strategies will yield the best results. Remain flexible.

- * **Focus on the positive.** Focus on the progress you're making rather than the set backs you may have along the way. And you will have setbacks. Remember that you will not attain perfection and you are allowed to make mistakes. Don't let these mistakes bring you down. Focusing on them means you are much more likely to give up. Celebrate milestones—even small ones—as a reminder that you are making progress.
- * **Be consistent.** To cement new behaviors into new habits, you need to make an effort to set aside time each day to work towards your goal(s). Try to do something (however small) every day. For example, try healthier replacements for bad habits. Do you usually go out for a smoke when you wake up in the morning? Try replacing it with some stretches or a glass of water each day.



*adapted from:
The American Psychological Association (apa.org)
and lifehack.org*

Coming Up on Zoom!

Dec 10 Student Rights: Special Ed During COVID-19 and Beyond | 1:30pm-3:30pm

Jerri Clark of PAVE (Partnerships for Action, Voices for Empowerment) will provide information on rights and responsibilities within the education system, IEP's, 504's, and Special Education during COVID-19 and beyond.

Dec 18 Parents Again Support Group | 1pm-2:30pm

Jan 15 Parents Again Support Group | 1pm-2:30pm

Jan 19 NAMI (National Alliance for Mental Illness) Program Training | 1pm-3:00pm

Learn about all the services, mental health education opportunities, support groups, and resources for teens, children, caregivers, and family members from NAMI.

To Register for these upcoming events contact:

Sarah Revord (360-759-4317 or sarah.revord@dshs.wa.gov)

Parents Again

Kinship Programs
 201 NE 73rd St
 Vancouver WA 98665

ADDRESS SERVICE REQUESTED

«AddressBlock»

Kinship Programs

Are you a Grandparent or other family member raising a relative child? Support is available to grandparents, siblings, aunts, uncles or other relatives raising a child age 18 or under, whose parents are not present in the home. Relatives with or without a legal relationship to the children in their care may be eligible for support. Our Kinship Navigator can connect you to:

- Financial Support
- Legal Services
- Support Groups and Counseling
- Housing and Utility Assistance
- Disability Resources
- Food and Clothing Assistance, and more

For more information:
 Sarah Revord • Kinship Navigator
 KinshipNavigator@dshs.wa.gov
 360-759-4317

AAADSW

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

Contact your county's Aging & Disabilities Resource Center to speak with a Specialist about programs and services at our agency and in the community.

Clark County
 360-694-8144 • 888-637-6060
 201 NE 73rd Street
 Vancouver, WA 98665

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 360-577-4929 • 800-682-2406
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