

MAY IS MENTAL HEALTH MONTH

Springtime Mental Health Tips

1. Explore mindfulness with meditation
2. Take a social media detox. Walk, exercise, cook, spend time with friends and family.
3. Let go of negativity. Improve your sense of self and your quality of life.
4. Remember it's okay to say no when you're feeling overwhelmed.
5. Don't hesitate to reach out for mental health care.



MAY SPECIAL DAYS

1st- Loyalty Day

Mother Goose Day

2nd- Brothers and Sisters Day

9th- National Teacher's Day

14th- Mother's Day

23rd- Lucky Penney Day

28th- National Hamburger Day

29th- Memorial Day

SELF-CARE CHALLENGE

As we expand the use of Facebook and our website, we would like you to participate in our self-care challenge. It is really easy to earn points. You only have to check us out and make comments. Points will accumulate each month. At the end of the month, if you have accumulated 50 points, you will receive a \$10.00 gift card to Walmart. Points are as follows:

- 1) Refer someone to Parent to Parent—20 points
- 2) Attend a Parent Support Group—10 points
- 3) Respond with a message from Facebook—5 points
- 4) Respond to an email—5 points
- 5) Respond to a phone call—5 points

Please consider participating in this challenge. It's a great way to get to know one another and get a chance at a \$10.00 gift card! **Good Luck!**

Office Hours: M-F 9:00—4:30

(after 4:30 by appointment)

(Sat. & Sun. by appointment)

Located at: 1502 North 13th St. Suite 300

Phone No. (402) 379-2268



Scott Lambrecht—Executive Director,
CFPS, CPSS

Melanie Ludemann—Admin. Assistant

UPCOMING EVENTS

Parent to Parent Children's Mental Health Awareness Picnic is on Friday, May 19th from 3:00 pm—6:00 pm at the Northwest Open Air Shelter, Ta Ha Zouka Park in Norfolk, Nebraska. Meet and greet The Pony Express Ride Across Nebraska Motorcycle Riders as they travel across Nebraska to pickup and receive letters from children, families, advocates and children's mental health supporters and deliver them to government officials at the Nebraska State Capital. Come and join the fun! Cost is free!



Active Parenting Class

Parent to Parent Network Inc. offers the Active Parenting Publishers curriculum to help parents improve their parenting skills. Here is a list of curriculums offered through Parent to Parent Network Inc .

Active Parenting: First Five Years—Your child's first few years are so important! Learn how to make the most of them with **Active Parenting: First Five Years**, a program for parents and other caregivers. Written by parenting expert (and dad) Dr. Michael Popkin, this course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. Millions of parents have achieved success with Active Parenting—and you can, too!

Active Parenting 4th Edition—Millions of parents have achieved success with Active Parenting—and you can, too! Written by parenting expert (and father) Dr. Michael Popkin, this class is designed for parents of children ages 5 to 12. It will help you learn ways to raise responsible children who are able to resist negative peer pressure. Over the course of six sessions, you'll learn non-violent discipline techniques plus effective communication and encouragement skills to build a solid foundation for the upcoming teen years.

Families in Action—Parent Class: Active Parenting of Teens is a comprehensive parenting program for parents of preteens and teens. The skills you learn in this class will give you confidence and courage to meet the challenges—and savor the joys—of your children's teen years. **Teen Class: Teens in Action** is a six-session program that will help you make the most of being a teenager and figure out where to go from here. Each session is packed with not-boring activities, not-lame discussion, and not-stupid videos on topics that actually matter. Even better...you'll learn skills you can start using now to make positive changes in your life. **Parent & Teen Class:** is a lively program that gives families critical tools for the challenging teen years: communication, conflict resolution, encouragement, and more. Plus powerful information about preventing problems with drugs, alcohol, sex, and violence.

Cooperative Parenting and Divorce—Learn to make a peaceful transition from parents to co-parents with this helpful course. *Cooperative Parenting and Divorce* uses helpful video scenes to demonstrate common co-parenting challenges and solutions. Each workshop allows plenty of time for group discussion and activities.

Crossroads of Parenting & Divorce—is a seminar lasting 4-6 hours that uses enlightening video scenes to demonstrate common co-parenting challenges and solutions.

Please Call (402) 379-2268 or Email slambrecht@parent-parent.org for more details.

Parent to Parent Support Group

We have a great group of parents attending our Parent Support Group. We have great socialization, informational activities and great food. If you would like to attend, please RSVP to Parent to Parent (402)379-2268. We meet this month on May 19th during the Children's Mental Health Awareness Picnic at Ta Ha Zouka from 3:00-6:00 pm. Please consider this as part of your calendar.

All of the above services are offered for the following counties: Antelope, Boone, Boyd, Brown, Burt, Butler, Cedar, Cherry, Colfax, Cuming, Dakota, Dixon, Dodge, Hamilton, Holt, Keya Paha, Knox, Madison, Merrick, Nance, Pierce, Platte, Polk, Rock, Saunders, Seward, Stanton, Thurston, Washington, Wayne and York.

We are a non-profit organization created for families in Northeast Nebraska and who are raising, or are primary caregivers for, children with behavioral/emotional challenges including social, emotional, mental, substance use and gambling.

Our goal is to help these families with their challenges navigate through the system to find the help that they need. We have trained Certified Peer Support Specialists that provide lived in experiences raising children with these behavioral health challenges.

CHECK OUT OUR WEBSITE

www.parent-parent.org

Find us

