

SEPTEMBER IS :

National Alcohol & Drug Addiction Recovery Month;
Suicide Prevention Month; Baby Safety Month, Child-
hood Cancer Awareness Month

SPECIAL DAYS IN SEPTEMBER:

4th) Labor Day; 10th) National Grandparents Day;
20th) National Care for Kids Day; 23rd) Autumn Be-
gins; 25th) National Family Day; 25th) National
Daughter's Day



BRAGGING ON OUR KIDS

Parent to Parent Network is providing an oppor-
tunity for Parents to mention something they are
proud of involving their children.

Amelia starts 1st Grade and is the best big
sister!

Jackson starts his first day of school this month
and is growing into a sweet young man!

Bella is 10 and going into middle school. She is a
gymnastics enthusiast!

Trenton is 16 and looking forward to making weld-
ing a career as he navigates high school!

Bentley is starting preschool!

Silas, Sicily, Miley and Riley are the best team and
teammates. They are a pleasure and truly selfless
with strength of the family as their main priority!



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 accu-
mulated 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!**



QUOTE OF THE MONTH



"Families are the tie that remind us of yesterday, provide strength
and support today, and give us hope for tomorrow."—Bill Owens

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

Shannon Walker—Business Manager

Melanie Ludemann—Admin. Assistant

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UPCOMING EVENTS

- *Storytime, Norfolk Public Library, Thursday, September 7th, 1:30-2pm, ages infant-8.
 - *Storytime, Norfolk Public Library, Friday, September 8th, 10-10:30am, ages infant-8.
 - *Norfolk Oktoberfest, September 22nd and 23rd, Downtown Norfolk River Point District, Festivals, Food & Drink, Music/Concerts.
 - *43rd Annual Lions Club Parade, September 23rd, 10:00am-12:00pm.
 - *Storytime, Norfolk Public Library, Thursday, September 28th, 1:30-2pm, ages infant-8.
 - *Storytime, Norfolk Public Library, Friday, September 29th, 10-10:30am, ages infant-8.
- (Visit the Norfolk Public Library calendar of upcoming events for more activities to attend.)



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 chogancamp@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 delicious food. If you would like to attend, please RSVP to Parent to Parent (402)379-2268. We meet this month on Saturday, September 9th from 5:30—7p.m. at Westridge United Methodist Church, 2000 W. Norfolk Ave. 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

