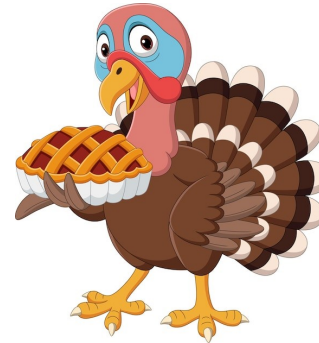


NOVEMBER IS :

Child Safety Protection Month, National Adoption Awareness Month, National Novel Writing Month, Native American Heritage Month, and Peanut Butter Lover's Month.

SPECIAL DAYS IN NOVEMBER:

1st—4th Chemistry Week, **4th** Pumpkin Destruction Day ; Book Lover's Day; **6th**) National Nacho Day; **11th**) Veterans Day; **12th—18th**) Game and Puzzle Week; **12th**) Young Reader's Day; **14th**) National Pickle Day; **15th**) National Philanthropy Day; **18th**) National Adoption Day; **23rd**) Thanksgiving



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 on 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

“Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks.” ~Charmaine J. Forde



Grab Your Coat

Coats, Gloves, Scarves, and Winter Hats are available for pick up at Sacred Heart Church basement, 200 S. 5th St. on Sunday, Nov 5th from 12:30pm until 2:00pm. Come get your winter coats!

Have a Happy Thanksgiving!

Salvation Army has one more day of registrations for Thanksgiving Food Boxes on Thurs, Nov. 2nd! There's not much time! If you have already registered, pick up is on Nov. 16th. Have a happy Thanksgiving!

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

Shawn Johnson—Admin. Assistant

UPCOMING EVENTS

Thanksgiving Food Box Pickup is Thursday, Nov. 16th, the week before Thanksgiving. If you registered in time, you got a voucher. The time of pickup varies from person to person and will be on that voucher. Be sure to bring it. If you missed the Salvation Army Box, you can still get a box from the Norfolk Rescue Mission on Nov. 20th. Call to reserve your box any time up to the morning of the 20th.

Thanksgiving is Thursday, Nov. 23rd. The Norfolk Rescue Mission is having their usual Thanksgiving dinner that day for those who have nowhere to go on Thanksgiving. Come to the Norfolk Rescue Mission Dining Room from 11:00am to 2:00pm for a family oriented meal. Bring the whole family!

Active Parenting Classes

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 meetings. We meet on Saturday Nov. 18th from 5:30-7:00 p.m. at Westridge United Methodist Church, 2000 W. Norfolk Avenue.

Please Reserve your spot at the meeting by calling (402)379-2268. Do so before the Wednesday the week of the meeting. There will be plenty of delicious food, informational activities and socialization.



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

