

DECEMBER IS :

Bingo's Birthday Month, HIV/AIDS Awareness Month, National Car Donation Month, National Impaired Driving Prevention Month, Safe Toys and Gifts Month, Spiritual Literacy Month, Universal Human Rights Month, and Write a Friend Month.

SPECIAL DAYS IN NOVEMBER:

1st) Christmas Lights Day, **4th)** National Cookie Day, **7th)** National Joy Day/Pearl Harbor Day of Remembrance/National Letter Writing Day, **8th)** National Brownie Day, **9th)** National Christmas Card Day, **11th)** UNICEF Day for Change, **12th)** Universal Health Coverage Day, **15th)** National Cupcake Day, **18th)** Bake Cookies Day/Snowflake Appreciation Day, **20th)** Go Caroling Day, **21st)** Winter Solstice, **23rd)** Christmas Movie Marathon Day, **24th)** Christmas Eve, **25th)** Christmas, **26th)** Boxing Day/Day of Goodwill, **31st)** New Year's Eve



'TIS THE SEASON

It is during this time of year that we embrace loved ones, spending time with them and having fellowship with them; Family, friends, and even neighbors. We take care of one another, offering our talents, our time, and our charity, because 'tis the season. So, be merry and take heart. There are plenty of resources available to you if you are in need. Christmastime is the best time for joy and prosperity, no matter your situation in life. You merely need to seize it.



SELF-CARE CHALLENGE

Just a reminder that, 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! Winners announced at the end of the month. **Good Luck!**

QUOTE OF THE MONTH

"The greatest gift you can give your kids is your time, your love and your attention."—Anonymous

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

Toys for Tots drive is ongoing through much of December. Toys can be picked up mid to late December, according to their website. The Norfolk Nebraska website is norfolk-ne.toysfortots.org

Operation Christmas Tree is being set up by the Noon Optimists again this year. If you need a Christmas Tree, you can call them at (402) 841-1142.



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 info@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 this month on Saturday, December 9th from 5:30-7:00 p.m. at Westridge United Methodist Church, 2000 W. Norfolk Avenue. Please watch our Facebook page, your emails, and/or text messages for any announcements about the meeting and RSVP to (402) 379-2268 on or before Wednesday, December 6th. 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

