

## FEBRUARY IS :

Black History Month, American Heart Month, National Bird-feeding Month, National Childrens' Dental Health Month, National Library Lover's Month

## SPECIAL DAYS IN FEBRUARY:

2nd) Ground Hog's Day, 5th) World Read Aloud Day, 12th) Abraham Lincoln's Birthday, 14th) Valentine's Day, 19th) President's Day, 20th) Love Your Pet Day, 26th) Tell a Fairy Tale 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!**

## QUOTE OF THE MONTH

"The only thing we never get enough of is love; and the only thing we never give enough of... is love."  
— Henry Mille



## All We Need Is Love

The month of love is here! There are many kinds of love. The Greeks had several words for love, one for each type. The most common type is what they called Aggape (ah-gah-pay), which is the kind of love we show to friends and loved ones like our parents, relatives, and children. It is a helpful kind of love. It is kindness. Even though most people don't often think about that kind of love, it may be the kind of love that matters most. So, show some aggape to your loved ones and even your neighbors. It's that kind of love that will transform the world.



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

## 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](mailto: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 Feb. 17th from 5:30-7:00 p.m. at Westridge United Methodist Church, 2000 W. Norfolk Avenue. Please watch your emails and text messages for the announcement of the next date for the meeting and RSVP to (402)379-2268 on or before Wed. Feb 14th. 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](http://www.parent-parent.org)

Find  
us

