

JANUARY IS :

Celebration of Life Month, Get a Balanced Life Month, National Get Organized Month, International Creativity Month, National Bath Safety Month, National Birth Defects Prevention Month, National Hobby Month, National Glaucoma Awareness Month

SPECIAL DAYS IN JANUARY:

1st) New Year's Day, **6th)** Feast of Epiphany, **9th)** National Law Enforcement Appreciation Day, **11th)** National Human Trafficking Awareness Day, **15th)** Martin Luther King Day, **24th)** International Day of Education, **26th)** National Spouses Day, **27th)** International Holocaust Remembrance Day, **28th)** National Lego Day, **29th)** National Puzzle Day, **31st)** National Hot Cocoa Day



January

New Year, New Goals

With 2024 finally upon us, we think about what we accomplished in 2023 and plan ahead for the new year. Everyone is another year older and hopefully wiser. What are your goals for 2024? The more we plan ahead, the more we are prepared for whatever comes our way. Do you have a busy January, or are you getting a much deserved break after the Holidays? No, that's a silly question. When you have kids, every day is busy. At least there's never a dull moment. So, resolve to make 2024 the best year.



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

"In the depth of winter, I finally learned that there was in me an invincible summer." ~ Albert Camus

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 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 Jan. 20th 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. Jan 17th. 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

