July 2024

NEWSLETTER

PARENT ADVISORY

PARENT ADVISORY COUNCIL

WHAT'S NEW?
HOW TO BECOME A PARENT CHANGE AGENT

GREETINGS PARENTS!

Welcome to the NEW Parent Advisory Council Newsletter.

We will be using this format for Monthly updates, partner spotlights, resources, and prevention outreach information to reach as many parents as possible through grassroots efforts. Bringing more parents into the fold will help us spread community solutions wider!

Thank you for helping inspire others and impact change for our communities by sharing information, helping by submitting questions about parenting and/or parenting tips, new trends, and more.

Sincerely,
The Parent Advisory Council
Central NH Parents and Families

PAC Parent Advisory Council
CADY Communities for Alcohol- and Drug-Free Youth

AT A GLANCE

ENGAGE

PARENT ADVISORY COUNCIL Meeting
Wednesday, 9/25/24, 6-7:00pm
ZOOM Meeting
RSVP to Liz: ebrochu@cadyinc.org

JOIN NOW

JOIN TODAY!
Central NH Parent and Families Facebook Group

EDUCATE

PARENTING CAFES Become a Facilitator
contact Liz for more information:
ebrochu@cadyinc.org

NATIONAL EDUCATION SEMINAR
Youth Mental Health and Social Media Activity: From Posting to Influencing, July 17th @3:30pm

EMPOWER

8th Annual Shout Out to Parents
November 14, 2024
"How to Feel Happier, Even in Tough Times"
Pam Garramone, Positive Psychology Speaker and Life Coach
More information on the next page...

ASK...

Do you have a question, a comment, an upcoming event, a resource, or a topic you want to learn more about?

Submit **HERE** for the next issue**!**

SAVE THE DATE

8th Annual Shout Out to Parents
November 14, 2024

"How to Feel Happier, Even in Tough Times"

Pam Garramone, M.Ed

Positive Psychology Keynote Speaker, Author

In this interactive presentation, you will learn about Positive Psychology, the Science of Happiness, and how happiness provides tools to help you through uncertainty and difficult times. Participants will learn and experience practical, science-based strategies that increase wellbeing... When we feel better, we do better. Learn how to capitalize on the happiness advantage to improve and maximize potential in yourself and others.

More Details to Follow.

FOCUS ON PREVENTION

...guiding your childen in making good choices

As a parent or caregiver, you play a vital role in educating your family members to make healthy decisions. Use the information and resources below to get smart about fentanyl and fake pills and then share what you have learned with young people in your care.

LEARN MORE ABOUT FENTANYL, FAKE PILLS and ONE PILL CAN KILL.

"9/11 every 11 days."

Jon C. DeLena

Global Investigations & Security | Risk & Compliance Management Strategy & Execution

Retired DEA Assistant Administrator

PARENT WIN

What Is 'Pebbling' and Why Are Teens Doing It?

Teens are doing it to show their affection and here's why experts say it's a great thing.

Communication with teens can be challenging. And receiving any sign of affection can also sometimes feel impossible, particularly after you say "I love you" to them, and you are met with just an aloof "K."

There's a new way teens are communicating with their parents and loved ones that appears to be breaking the emotional barrier. (Maybe not fully breaking, but it is creating tiny little cracks in the facade.)

It's called "pebbling," which is often used to describe a romantic relationship but has been crossed over into other types of relationships, including between parent and child.

The term originated from the actions of gentoo penguins in Antarctica, who were observed presenting rocks to each other as a form of courtship. The rocks symbolized a desire to build a nest together.

How can parents participate in "pebbling?"

READ THE FULL STORY ON PARENTS.COM

PARTNER SPOTLIGHT

Voices Against Violence
Reaching Out, Speaking Out

Voices Against Violence is a crisis services agency located in Plymouth, NH. Voices provides information and support to victims and survivors, their family and friends, community members, and professionals around domestic violence, children who witness domestic violence, sexual violence and harassment, stalking, human trafficking and bullying. They are Southern Grafton County's resource for the most updated and current information, state and federal guidelines, and best practice around these issues. Voices' services are available for victims, survivors and non-offending family members and friends. To learn more about what we provide please visit our website: voicesagainstviolence.net/

All services are FREE and CONFIDENTIAL

24-HOUR CRISIS LINE: 1-877-221-6176
OUR OFFICE: 603-536-5999
M-F; 8AM – 4PM
CONNECT VIA CHAT: M-F; 8AM – 4PM

SERVICES

- Temporary Emergency Shelter
- 24-Hour Crisis Hotline
- Domestic Violence Counseling
- Legal Advocates
- Peer Support Groups
- Community Awareness Building

Dancing Under the Stars 2024
July 25, 2024, at 6:30 PM
Kelley Park in Bristol, NH

Local community stars paired with professional dancers will be hitting the dancer floor again this year for a cause! A panel of judges, and the audience, will vote on the winner. All proceeds will benefit Voices to ensure we are able to continue supporting victims and survivors of domestic and sexual violence.

How Does It Work?!
$1 = 1 Vote. You can vote as many times as you wish. You can cast your votes now, or wait to see them dance! We accept cash, check, and most credit cards! To vote now, click on your team below.

CADY
Communities for Alcohol- and Drug-Free Youth

WANT MORE INFO?

Contact Liz Brochu, ebrochu@cadyinc.org
CADYINC.ORG

READ MORE

Central NH Parent and Families Facebook Group

JOIN NOW

THE PARTNERSHIP @drugfreeNH

Here you can find information on adolescent and young adult alcohol and other drug use, how to talk to your children about alcohol and other drug use and how to keep them safe, and where to go if you are looking to find help as a parent or caretaker.
drugfreenh.org

CADY
Communities for Alcohol- and Drug-Free Youth

Communities for Alcohol- and Drug-free Youth's (CADY) mission is to help our local youth make healthy and safe choices by working with schools, parents, youth, and communities to prevent and reduce youth alcohol, tobacco, and other substance use and to promote healthy environments and promising futures. **cadyinc.org**

NEW HAMPSHIRE DHHS
DEPARTMENT OF HEALTH & HUMAN SERVICES

NEW HAMPSHIRE CHARITABLE FOUNDATION

SHARABLE RESOURCE:

Family Media Use Plan
A poster developed by the American Academy of Pediatrics Council

CENTRAL NH Resources

CADY
Communities for Alcohol- and Drug-Free Youth

IT TAKES A WHOLE VILLAGE TO RAISE A CHILD
WHOLE VILLAGE FAMILY RESOURCE CENTER

LAKES REGION COMMUNITY SERVICES
Engage. Empower. Inspire.

2-1-1
Get Connected. Get Help.™
An Initiative of Granite United Way

KINSHIP NAVIGATION PROGRAM
WHOLE VILLAGE FAMILY RESOURCE CENTER

MID-STATE HEALTH CENTER

CIRCLE PROGRAM

CENTRAL NH VETERANS COALITION

RISE Recovery Services
a program of Mid-State Health Center

FINDWELL
NEW HAMPSHIRE

ARCHWAYS

THE DOORWAY

counseling associates

Voices Against Violence
Reaching Out, Speaking Out

TRI-COUNTY COMMUNITY ACTION
Serving Coös, Carroll & Grafton Counties since 1965
Helping People. Changing Lives.

Granite State Children's Alliance
New Hampshire's Network of Child Advocacy Centers

PEMI-BAKER
Hospice & Home Health
— EST 1967 —

MID-STATE HEALTH CENTER

SPEARE Memorial Hospital

Lakes Region Mental Health Center

GROWING ROOTS
INTEGRATIVE HEALTH & WELLNESS

THE MAYHEW PROGRAM
...a good start on the future

BRIDGE HOUSE
A Homeless Shelter & Veterans' Support

Transport Central
Let's go!

GRAFTON COUNTY SENIOR CITIZENS COUNCIL, INC.
est. 1972

Haven
Pregnancy Services
A Safe Place to Consider Your Options