August 2024

NEWSLETTER

PARENT ADVISORY

PARENT ADVISORY COUNCIL

Follow

Central NH Parent and Families Facebook Group

WHAT'S NEW?

GREETINGS PARENTS!

As we begin the month of August, there are still a plethora of fun activities to engage and participate in for families and kids!

This month's **PARTNER SPOTLIGHT** *(page 3) is* **NATIONAL NIGHT OUT** *happening on Tuesday, August 6th. Lincoln and Thornton will be hosting separate events - see page 3 for more details. Make sure to check this annual event out and support our local communities!*

We will be focusing on Vaping in **FOCUS ON PREVENTION** (page 2). Vaping is not a fad and continues to remain an issue *for our youth. The CADY Youth Advisory and Advocacy Council (YAAC) wrote a blog for Partnership @drugfreeNH. Read what local youth think about vaping.*

PARENT WIN *(page 2) section has a FREE resource from Strategic Parenting, "Preventing Parental Burnout," along with Susan McKeown's Blog post, "Avoiding Burnout."*

We will be back with a lot more information and family resources for September, including a FREE Cyberbullying Resource!

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

NATIONAL NIGHT OUT - Tuesday, August 6

- Lincoln-Woodstock | 4-7PM
  Granite State Scenic Railway, Lincoln

NATIONAL NIGHT OUT - Tuesday, August 6

- Plymouth Area | Pemi-Baker | 5-8PM Sugar Shack Campground, Route 175 Thornton

BRISTOL OLD HOME DAY - Saturday, August 24
10-3PM @ Kelley Park, Bristol

PARENT CAFE - "Back to School and Routine Discussion" Wednesday, August 20th 11am-NOON
Whole Village Family Resource Center - Childcare available REGISTER: Kristine.Perry@graniteuw.org

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

EDUCATE

COOPERATIVE COPARENTING AFTER SEPARATION OR DIVORCE - 4-week virtual series
Wednesday Evenings, 6-8PM ZOOM Begins 8/7
REGISTER: Kristine.Perry@graniteuw.org

NATIONAL WEBINARS
RAISING AND EDUCATING RESILIENT, SUPER-POWERED TWEENS & TEENS
August 28, 2024 | Operation Parent
REGISTER HERE

EMPOWER

Become a PARENT CAFE Facilitator contact Liz for more information: ebrochu@cadyinc.org

FOCUS ON PREVENTION...guiding your children in making good choices

BE VAPE FREE

CVS Health FOUNDATION

Parent/Community Video

This video provides basic information about the youth vaping epidemic, e-cigarettes and vaping prevention efforts that can be utilized by parents and communities. The video may be used alone, or paired with the Powerpoint presentation and Toolkit below.

WATCH NOW

EN ESPANOL

Empowered Voices: Plymouth Regional High School's Stand Against Vaping

Written by:
CADY's Youth Advocacy and Advisory Council Youth Leaders

To many adults, the term "vaping" might just seem like a buzzword or a statistic that needs addressing. However, as high schoolers in New Hampshire (NH), the reality of vaping's adverse effects is something we confront every day. We've seen peers preoccupied with their next opportunity to vape, coming up with ways to conceal their habit, or even caving to the urge publicly, setting off a domino effect within their friend groups.

Continue reading at The Partnership @drugfreeNH...

THE PARTNERSHIP @drugfreeNH

INTERESTED IN LEARNING MORE? Check out the Save Your Breath campaign for further reading, partner resources, and tools for how to quit. The Truth Initiative and the Centers for Disease Control and Prevention (CDC) offer a wealth of information, tools, and programs designed to educate and empower communities. My Life. My Quit. offers no-cost help for teens via text [text "Start My Quit" to 36072], web/chat, or calling I-800-QUIT-NOW.

PARENT WIN

FREE RESOURCE:
Strategic Parenting:
Preventing Parental Burnout

SUSAN MCKEOWN BLOG

Avoiding Burnout

July 17, 2024

"Stressed out," "overworked," "burned out." These are words heard more frequently over the past four years. The American Institute of Stress (yes, there is such a thing!) reported that before the pandemic a high percentage of workers said they regularly felt stressed. We know from the demand for mental health services, the level of anxiety and depression remains high.

We all have times when we feel stressed. It is important to remember, however, that not all stress is bad. This emotion motivates us to get out of bed in the morning and accomplish things that need to get done. But when stress is unrelenting and we are chronically worried, the risk of burnout is high. When the stress goes beyond our ability to cope, even while utilizing available resources, this is now defined as an extreme state of psychological strain. How do you recognize when you have crossed the line from acceptable stress to utter burnout?

READ MORE...

PARTNER SPOTLIGHT

TUESDAY, AUGUST 6, 2024

National Night Out is a nationally recognized annual community-building campaign, created to enhance community relationship between neighbors and law enforcement. The goal of this event is to create community partnerships and promote neighborhood camaraderie to make our neighborhoods safer and more caring places to live.

Please join us for this free community night out! Enjoy meeting neighbors, playing games, eating good food, watching demonstrations, laughing and enjoying a few hours of FUN!

Best of all ... National Night Out is a FREE community event!

Campton | Thornton | Waterville Valley
Plymouth | Ashland | Holderness

5PM - DUSK (8PM)
Sugar Shack Campground! Route 175 Thornton

Enjoy meeting neighbors, playing games, eating good food, watching talented demonstrations, laughing and enjoying a few hours of fun! Do not miss the annual Police vs Fire Tug-O-War showdown - a MUST SEE!
If you would like to volunteer to help during the evening, become an event sponsor or set up a booth to showcase your talents or interests please sign up or e-mail: aharrington@watervillevalleynh.gov

8th Annual Lincoln Woodstock
National Night Out

4PM - 7PM
Granite State Scenic Railway, Lincoln

This will be Lincoln/Woodstock's 8th annual National Night Out! "National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live."
Come join the Lincoln and Woodstock PD's along with our other emergency agencies for another fun and FREE event!

CADY
Communities for Alcohol- and Drug-Free Youth

WANT MORE INFO?

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

READ MORE

IN CASE YOU MISSED IT...

Read last month's issue here:

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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

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!

ASK...

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

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ADDICTION ROUND UP
CENTER FOR EXCELLENCE ON ADDICTION

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 —

SAM Smart Approaches to Marijuana
NEW HAMPSHIRE
preventing another big tobacco

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

SAVE YOUR BREATH