

SEPTEMBER ISSUE



YES Community Counseling Center
NEWSLETTER

September is recovery, suicide prevention and
back to school month

Top tips for supporting our children as they go back to school

1. Give children a safe space to share their feelings
2. Listen more, talk less
3. Understand you don't always have to hide your own stress.
This shows that it is okay to not be okay
4. Give children time to adjust to new schedules
5. Emphasize self-care
6. Establish school day routines early
7. Incorporate positive reinforcement
8. Validate emotions
9. Be patient
10. Always make time for fun family time.



Mindfulness activities to help support your child

5 Senses

Notice 5 things you can see

Notice 4 things you can feel

Notice 3 things you can hear

Notice 2 things you can smell

Notice 1 thing you can taste

Box Breath

Breath in for 4

Hold for 4

Breathe out for 4

Repeat 4 times

[Click here for more mindfulness techniques](#)



[Download Document](#)

YES SPOTLIGHT

MINDFULNESS GROUPS



CASEY FORDHAM

Casey is a Licensed Master Social Worker who has many years experience of working with children. She is a certified yoga instructor, which allowed her to incorporate mindfulness interventions and perspectives into her practice. Casey developed the curriculum for both mindfulness groups at the agency. Casey's perspectives have allowed children to learn about their emotions and how to help themselves in a hands-on, interactive way. Casey also meets with children and families on an individual basis as the agency.

ABOUT

YES Mindful groups are 8-week programs for children ages 8-10 (mindful kids) or 10-13 (mindful tweens) to learn helpful and effective ways to manage and cope with stress and anxiety and develop a positive outlook on life through mindfulness, yoga, and meditation. Parents/Caregivers will also learn the simple and powerful solutions to help their child practice skills at home.



Recovery and Suicide Prevention Month



#BeThe1To
If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

 Find out why this can save a life at www.BeThe1To.com
If you're struggling, call the Lifeline at **988**



Connection can be the greatest impact for those who are in emotional pain and contemplating suicide, as well as for those who are using substances to numb their pain.

Be the connection.

Did You Know?

20% of High School Students have seriously considered suicide and **9%** have made an attempt.

22.35 million American adults are in recovery.

What does suicide prevention and recovery have in common?

Connection to others

Connection to meaning

Connection to a purpose

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