



In This Issue

Community Service Starts With You: Share Your Gifts, Time, and Passions with Others



Social media charms and harms



Ted Talk - A teen's guide to finding the strength to overcome challenges



Are the holidays hard for you?

If you find it hard to enjoy the holidays, you are not alone. Here are some ways to support your mental and emotional health.



- Do what's best for you and your family.
- Set realistic expectations and boundaries.
- Recognize and respect your feelings.
- Practice self-care.
- Reach out if you need help.

If the holidays are hard: Resources for emotional and mental health are available..

Wayne Behavioral Health: 315-946-5722

Suicide Lifeline: 988

Crisis Text Line: 741-741

SAMHSA's National Helpline: 1-800-662-4357

Emotional Support Line: 844-863-9314

The Trevor Lifeline: 1-866-488-7386

Leave us some feedback...





PARENT NEWS

In This Issue



*Current
Trending
Parenting
Books*

Social media charms and harms



Parenting Teens: We're making it harder than it needs to be



Are the holidays hard for you?

If you find it hard to enjoy the holidays, you are not alone. Here are some ways to support your mental and emotional health.



 Do what's best for you and your family.	 Set realistic expectations and boundaries.	 Recognize and respect your feelings.	 Practice self-care.	 Reach out if you need help.
--	---	--	--	--

If the holidays are hard: Resources for emotional and mental health are available..

Wayne Behavioral Health: 315-946-5722

Suicide Lifeline: 988

Crisis Text Line: 741-741

SAMHSA's National Helpline: 1-800-662-4357

Emotional Support Line: 844-863-9314

The Trevor Lifeline: 1-866-488-7386

Leave us some feedback...

