

PATH 2 PARENTING NEWSLETTER

APRIL EDITION

SPRING INTO NEW BEGINNINGS!

Spring is here at last! It is time for new chapters, fresh starts, and tossing out the old while welcoming in the new! We look forward to sharing all that is new this month and keeping you all up to date on the latest here at PATH.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy Spring to all of our readers!

Like many of you, my eyes are puffy and my nose is runny, spring has definitely sprung! Along with it the daffodils and crocus are blooming. Leaves are starting to show their buds on the trees and goslings are following their moms from pond to pond. New beginnings are all around us and sometimes there are new beginnings that are happening with us. New beginnings can take on many forms. New beginnings can mean a new job, a move to a new city, a new relationship, or even a new phase of life. Sometimes a new beginning is a decision to make a change in the way we think or behave. Some of us thrive on starting fresh and the thrill of what unknown adventures await.

Starting something new brings new opportunities and it can be empowering. It can be a time of learning important lessons about yourself. And your new beginning may just be the start of something exciting and life-changing. We talk about these opportunities with students in the classrooms and in our out-of-school programming as well. Each time we start something new we are faced with choices and the way we respond to them carry consequences. Consequences can either bring us to a better and healthier place or they can bring us to an unhealthy place that may include problems and struggles. Maybe your fresh start is to change a habit that you find is destructive or unhealthy in your life. It is important to take the time to reflect on choices we've made; to consider the consequences, not just for ourselves but for those around us. It doesn't matter if we're parents, grandparents or children, our choices and their consequences effect those around us.

This may be the perfect time to start something new! What changes do you need to make? What new adventure awaits? Every day is an opportunity to start fresh.

Donna Golob
Executive Director

Thank you for your support. To help us continue our mission, consider [donating](#) to the cause.

PATH UPDATES AND ANNOUNCEMENTS



OUT-OF-SCHOOL LEARNING SUMMIT

PATH will be hosting a virtual booth at the 2021 Indiana Summit on Out-of-School Learning hosted by the Indiana Afterschool Network. This digital conference is a great opportunity to connect with all of the great out-of-school learning that happens across the state. We will be offering access to a free cyberbullying lesson at our booth on April 20th, 21st, and 22nd

To register or get more information, visit [Indiana Afterschool Network](#). Be sure to stop by our booth during the event!

LUNCH TABLES

Don't forget to register for our April Lunch Tables event happening April 28th. Lisa Rafferty, who you may recognize as the host of PATH's Parenting Corner, will be talking about the art of communicating with teens. For more information and to register, visit the [Lunch Tables](#) page on our website!

Thank you to everyone who attended our March Lunch Tables event! The recording is available on our website.

PATH IS NOW ON TIKTOK!



Dionna and Kayla Warren have been doing a great job running our new TikTok account where we have already gained over 100 followers and almost 1500 likes! Give us a follow @[positiveteenhealth](#)



LCJC SUPPLY DRIVE

We are continuing to collect craft supplies such as markers, colored pencils, construction paper, and paint for the Lake County Juvenile Center. Drop off boxes are located throughout NWI and the locations can be found on our [website](#).

We've also created an [Amazon registry](#) so you can contribute supplies to the drive from the comfort of your couch.



VOLUNTEER OPPORTUNITIES

Interested in starting off your spring with some new experiences? PATH is always looking for new volunteers and new community partners. Check out our [website](#) to learn about these opportunities and more.

PROGRAM UPDATES



"Team Remix is in the homestretch! We are currently finishing up River Forest Middle School and Hobart Middle School and we are also exploring options to teach in at least two more schools before wrapping up for the school year. We are excited about the progress we've made this year and we look forward to the next school year!"

Jeremias Alicea
reMIX Team Lead



"We are excited to have gotten started with in-person sessions at the Portage YMCA with our mentees! Of course, all CDC guidelines are being followed and we will continue to dedicate ourselves to the highest standards for health and safety. Our group is full of energy and we are enjoying finding safe ways to channel that energy into our fun activities."

Claire LeMonnier
LivTrue Coordinator



"We are getting ready to teach 7th and 8th grade this month. We are excited to be able to go into the classroom, interact with the students and finish the year strong. We also have the opportunity to do another virtual training at the end of the month to train our extended partners to teach the Positive Potential Program, which is always a great time!"

Jasmine Lindsey
Positive Potential Team Lead



"We are coming to a close of the school year. This school year has been challenging but the Horizon team learned a lot and will be ready and prepared for the next school year. We would like to thank all of our partnered schools for opening up their doors and entrusting us with their students. I would also like to thank the Horizon team for doing such a great job with conquering this school year. You guys rock!"

KeAnna Lott
Horizon Team Lead



"Relentless has been going well over the last month. We took a brief break while our schools were on spring break. We look forward to wrapping up the program with River Forest in April. Our mentors at Portage High School have been rock stars and real go-getters!"

Stephanie Lenckos
RELENTLESS Team Lead



"Love Notes continues to provide virtual instruction to Hobart, River Forest, and Clark High School students. The team has been working hard behind the scenes recording videos, updating PowerPoints, and preparing to finish out the school year strong. Believe it or not, we are 2 months away from summer break. Next month we will conclude our program with Clark. Clark's students have been amazing and actively engaged. What a privilege to be able to work with such amazing students! Kudos to our team for empowering youth to make healthy decisions not only for today but for their futures."

Jason Kegebein
Love Notes Team Lead

To learn more about our programs, visit our website at positiveteenhealth.org

RECOMMENDED READING

To continue reading, head over to the [blog](#) on our website.

PARENTING CORNER:

In her article for PATH, Lisa Raftery discusses the conversation we all dread: "The Talk". We all know how important "The Talk" is, but how do we do it? Lisa walks us through some basic principles to keep your talk as informative and comfortable as possible and why doing so is so impactful on our relationship with our teens.

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...we as parents have the opportunity to take what is awkward and turn it into a way to strengthen our parent-child relationship.

NATIONAL MONTH OF HOPE:

April is designated as a celebration of hope, but what is hope and why is it worth it? Guided by the poetry of Emily Dickenson, Claire writes on how we must not only have hope, but BE hope in our own lives and the lives of others. Hope can only happen when we choose to embody it.

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...we all deserve goodness, it is not up to some breeze of fate to decide if we make it - it is up to us all to make sure our community makes it.

INTERESTED IN GETTING INVOLVED?

Contact us to learn about our programs, volunteer opportunities, donations, and more!



positiveteenhealth.org



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SUPPORTER SPOTLIGHT

For those we support and for those who support us

"I wasn't too sure about the Love Notes program, but after listening to the mentors, they helped me to understand in order to be a better spouse one day, I need to be healthy myself first."

Eugene, 10th grade
Clark Middle School