

PATH 2 PARENTING NEWSLETTER

MAY EDITION

HOME SWEET HOME

We have officially settled into our new building and are looking forward to our open house on May 23rd! It's open to the public and you can find the full details down below. While we've been moving, our programming is still in full swing and we have plenty of events in the works. Keep reading to see what PATH has on the horizon.

Follow the stars for TPP resources



MESSAGE FROM THE EXECUTIVE DIRECTOR

Warm Spring Greetings,

May offers several different areas of focus and holidays. PATH will be focusing on Mental Health Awareness, Health & Safety and of course Mother's Day throughout our emails, Lunch Table Webinars and social media posts. Our May Lunch Tables will focus on Optimal Health for Adolescents and will include the importance of both prevention and cessation education in providing our young people with information that will lead them to live a life of optimal health.

I am going to take this opportunity to say, "Thank you!" to all the moms out there. Being a mom has never been an easy task, but in today's crazy world it can be especially challenging. A recent study showed that "young mothers have been found to have a prevalence of mental health challenges that is up to four times higher than their peers and mothers older than 21 years of age, with almost 40% of young moms having more than one mental health issue, including depression, a range of anxiety disorders, and hyperactivity."

Parenting is an art and not a science. There are often not clear cut right or wrong answers on how to handle various situations that arise while parenting teens. [Here's a few pointers](#) that may help you limit your day-to-day stresses and will for sure allow you to have a better relationship with your adolescent child.

It's not easy parenting teens, but it can be fun. They're transitioning from a child to a young adult and your relationship has to transition as well. Before you know it, they will be leaving home and heading for college or out on their own. Take advantage of the moments they give you to love on them, encourage them and support them.

Happy Mother's Day!

Donna Golob

Executive Director

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

PATH UPDATES AND ANNOUNCEMENTS

Staff Spotlight!



We're doing something a bit different this month and welcoming our newest partner POP, Inc. in our monthly spotlight. Dr. Michael McGee is the Executive Director of POP (Project Outreach & Prevention) and is a native of Gary, IN. We are excited to be contracting the POP team to assist us with our new OJJ Youth Violence Prevention SEED (Student Enrichment, Empowerment & Development) project in Lake County, IN.

THIS MONTH: PATH RIBBON CUTTING

PATH has moved to a new office space located at 3391 Airport Road, Portage, IN 46368. We invite you to join us on Monday, May 23rd from 3pm - 7pm for a tour, refreshments, and a Chamber Ribbon Cutting presentation. Bring a business card for a chance to win a prize!

LUNCH TABLES

Join us for Lunch Tables on Wednesday, May 25th from 11am - 1pm (CST) as we discuss Optimal Health for Adolescents with a focus on Teen Pregnancy Prevention presented by Dr. Diane Foley. [Check out our website](#) for more information and to register for this FREE webinar. You can also view recordings of past events for any you may have missed or would like to view again!



RELAY FOR LIFE

PATH is partnering with the Tobacco Education & Prevention Coalition for Porter County for Portage's annual Relay for Life event that will take place on Friday, June 3rd from 4pm - 8pm. The event will be held at Willowcreek Middle School. We are doing our part by raising awareness and funds to help the American Cancer Society. To sign up or donate, [click here](#).

LEADERSHIP ACADEMY

Upcoming

PATH is excited to be partnering with the Merrillville Parks and Recreation Department this summer to offer a Leadership Academy as part of their summer camp program. We will be working with ages 11-14 incorporating a number of topics and skills: communication, peer relationships, conflict resolution, decision making, team building and leadership qualities. We will be running the program at the parks department's facility and incorporating community service and field trips into the program as well. We can't wait to get started!

FAREWELL

It is with excitement and sadness that we say 'goodbye' to Lewis and Charbria Shine. We were so excited to have them working with us as our first married team of educators and they have done an amazing job. Her career as an artist is taking off and while we are sad to see her leave PATH, we couldn't be more proud of her and the way she has allowed God to grow her talents and the way she uses them for His glory. Together they are "taking the show on the road" and we send them off with blessings.

PROGRAM UPDATES



We are starting to wrap up our 2nd year of programming. Currently, we are serving our students at Edison High School and Hammond Central. It's been great working with both of these schools. This year we have served over 600 students. Shout out to all of our Love Notes Health Educators for making a positive impact and empowering youth to make healthy decisions. Also a big thank you to the schools who have partnered with us and continue to support our mission. Our team is looking forward to working with you again next year!

Jason Kegebein
Love Notes Team Lead



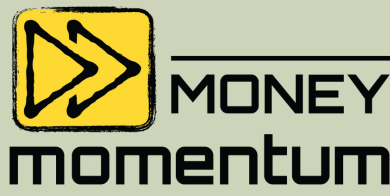
The Horizon team is thrilled to be serving at Eggers Middle School in Hammond! We are happy to be in the classrooms providing our 7th graders with medically accurate information to make the best decisions for their future.

Dionna Warren
Horizon Team Lead



Relentless has been having a busy and full month of programming. We are nearing the end of this year's program and will wrap things up next month at Morton High School. We have also been using this pilot year as a time to review and enhance the curriculum. We are enjoying our time working with the mentors and the mentees!

Stephanie Lenckos
RELENTLESS Team Lead



Morton High School freshmen have really been loving our Money Momentum program! It is wonderful to see their eyes light up when they relate a new practical money skill to their personal lives. The end is almost here - we will complete the pilot year mid-May. We are so proud of our students and are confident that they will make wise financial choices for themselves in the future.

Marion Collins
Money Momentum Educator



We're so excited about the newest program, Life Lanes! This program is designed to provide prevention for substance abuse and support for recovery. We also give students essential life and coping skills. Life Lanes has already hit the ground running, beginning its pilot program at Gary Middle School. It's so exciting to see how the program is resonating with students and we're looking forward to finishing the rest of the school year strong.

Kayla Warren
Life Lanes Team Lead



We are heading into our last month with our LivTrue mentees at Barker and Krueger. As the students finish up their school year, we will be discussing the topics of goal setting, personal value, body image, empathy, and service. It has been a wonderful experience getting to know our mentees and we plan to have a great last month together!

Payton Smith
LivTrue Coordinator

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.

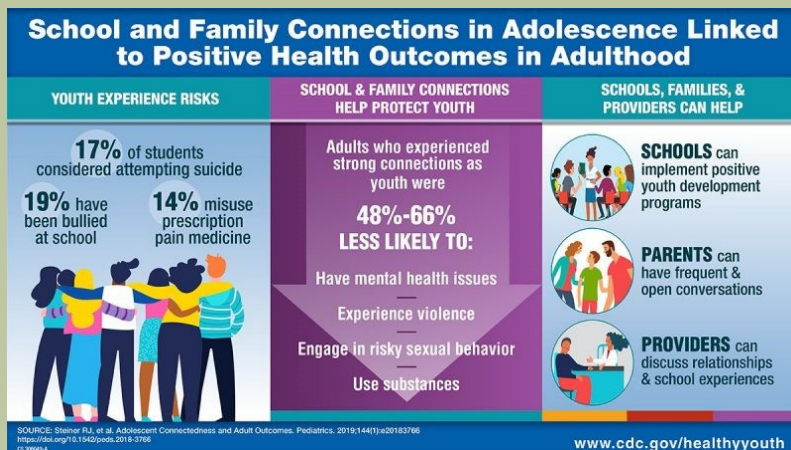
PARENTING CORNER:

In her [article](#) for PATH, Lisa Raftery discusses the role stress can play in the life of a teenager. She identifies some reasons for stress and warns of the negative impacts of prolonged stress. She also gives practical tips to help you assist your teen in managing stress and developing healthy coping mechanisms.

ARE YOU OK?:

In her [blog post](#), Dionna broaches the subject of mental health. She explains the importance of taking care of your mental health and elaborates on how it takes time to learn what we need to be healthy. She ends the article with resources and mental health tips to get you started on your journey.

IN THE KNOW: RESOURCES OUR STAFF LOVE



During Teen Pregnancy Prevention month we're taking a look at how adolescents connectiveness is linked to positive outcomes like a reduction in risky sexual behavior. You can go [here](#) to see more infographics about adolescent connectiveness by the CDC.

Contact us:



positiveteenhealth.org



info@positiveteenhealth.org



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SUPPORTER SPOTLIGHT

For those we support and for those who support us

We would like to thank the The Calumet Area Ministers Association of the Church of God for becoming a Support Circle partner!

We're so grateful for their generosity, kindness, and support in PATH's mission.

Connect with us:

