

STEPPING Stones



Parent & Community Based
Education for Healthy Living

Summer 2009

CARE (Community Assessment Referral & Education) ~ 586.541.0033 ~

Teen Conference

Are You Guilty of Underage Drinking?
The Verdict is in...

May 12, 2009
Macomb Intermediate
School District
8:30am-1:30pm

This conference will feature two, student-run court cases:

- **Underage Drinking & Driving**
- **Underage Drinking & Violence**

The **TEENS TALKING TRUTH (T3)** students will be presenting these cases at the conference.

For more information, or to register your school, contact Lynda or Melissa at 586.541.0033.

Don't Wait Until It's Too Late

Parents of elementary school children so often have a difficult time understanding the importance of talking with their children about alcohol, tobacco and other drugs. Many elementary parents don't think it's necessary because they feel, "my children are too young." Parents of these young children feel it just doesn't concern them. They think they can wait until their child is much older, or in high school, before they address this issue.

The following example shows the importance of educating children early regarding anything that might risk their health or safety.

Envision a child 12 or 14 months old toddling around the kitchen while dinner is being prepared in the oven. The child reaches out to touch the stove, what do you say? We all would answer, "Hot, don't touch!" When the child is little, you constantly repeat this lesson. You do not wait until the child is old enough to open the oven door burn himself.

The lessons regarding alcohol, tobacco and other drugs need the same vigilant effort on our part. Do not wait until your child has opened the package of cigarettes, inhaled the gasses from an aerosol can, or had a beer before explaining that these substances are a danger to him or her.

Don't wait until your child enters high school to talk about the dangers of alcohol, tobacco and other drugs. Research shows the average age of first use is 5th grade!

-Submitted by Marilyn LaVoie

FREE Youth Support

CAMP

Summer 2009

Eight day camp program!

Camp is FREE for youth ages 6-15 who are affected by a loved one's use of alcohol or other drugs, or have a family member in recovery.

Parent sessions and child care is available.

July 27-30 & August 3-6

8:30am-12:00pm

Cornerstone Baptist Church

17017 12 Mile Road

Roseville, MI 48066

Registration packet is available online at

www.careofmacomb.com

Or call 586.541.0033

**A parent who hits is
a parent who has
run out of ideas.**



Community Kite Day

You are invited to join Great Parents Macomb and Clintondale Community Schools. Saturday, April 25, 2009, from 12-3pm. Prince Drewry in Clinton Township. Free kites to children while they last, or bring your own. Contact Gerrie Brown at 586.791.6900 x.6320 or email browng@clintondaleschools.net for more information.

Foster Care Awareness Event

On May 2, 2009, in honor of National Foster Care Awareness Month, the Family Resource Network is hosting a community event at the Warren City square, from 11am-1pm. Guests will hear a foster parent and teen speak and receive more information on the foster care system. Please call Anna Marie Riesterer at 586-541-0033 for more information.

Parent Night

On Monday, May 11, at 6:30pm, parents and family members are invited to join the Teens Talking Truth (T3) group as they present court cases involving underage drinking. *Who is guilty?* This event is set at the Macomb Intermediate School District and will serve as a dress rehearsal for the May 12 conference at which students will present these cases to their peers.

Star Power Rally 2009

On Thursday, May 21, parents, teachers and advocates will celebrate the champions of early childhood initiatives. This is your opportunity to meet with state legislatures to encourage them to support early childhood programs and services for all of Michigan's Children. For more information contact Karen Olsen, Great Start Collaborative Coordinator, at kolsen@mysd.net 586.228.3495.

Smart Spending Strategies Workshop

On May 26, from 6pm-8pm, CARE's *WorkLife Solutions* is partnering with Michigan State University Extension to provide a FREE workshop on *Smart Spending Strategies!* Participants will learn steps to help them identify where the "spending leaks" are, skills to develop a pro-active spending plan that maximizes income, and effective strategies for debt reduction. Class will be held at CARE and space is limited. Pre-registration is required by calling Enza Mortillaro at 586.541.1555 ext. 218 or email emortillaro@careswls.com

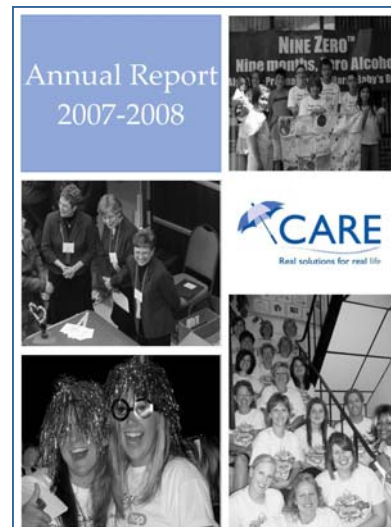
Managing Workplace Stress & Minimizing Risk Seminar

On Monday, June 1, from 7:30am-11:30am, CARE's *Worklife Solutions* will present a seminar for leaders who want to identify and avoid negative outcomes by applying cost effective controls that create a safe environment. Admission is FREE and a continental breakfast will be provided. Opening remarks will be given by Dr. Suzanne Klein, Superintendent for the Grosse Pointe Public School System. Registration is requested by May 22. Please visit www.careofmacomb.com/events.php to download your mail-in form or contact Enza Mortillaro at emortillaro@careswls.com for more information.

CARE's **2007-2008 Annual Report** is now available on our website!

To download a copy for free, visit

<http://www.careofmacomb.com/history.html>



Sticks & Stones Can Break My Bones...

but names can never hurt me. Wrong! Research shows that name calling—stupid, dumb, lazy—can be detrimental to the emotional development of children. Children learn to believe what they are told, even if it isn't true. Parents can give directions that may be degrading and ineffective. Different words may be used to give the same direction and build a child's confidence and ability.

Effective: We can talk about it when you stop screaming at me.

Ineffective: Don't scream at me! Who do you think you are?

Effective: You may eat with your fork or leave the table.

Ineffective: Stop eating like a pig.

Effective: You may go out to play when your laundry is in the hamper.

Ineffective: You are such a slob. Pick up your clothes.

Effective: It is too bad you forgot your lunch. I know you'll be hungry for dinner.

Ineffective: You are so irresponsible. Just go hungry.

Effective: You need to stop hitting or we'll leave the party.

Ineffective: Stop being such a bully. Bad boy.



Governor's Talk Early & Talk Often

Parent Education Workshop

The nationally recognized, *Talk Early & Talk Often* parent education initiative, aimed at helping parents talk with their young teen about abstinence and sexuality, continues to be offered to parents in the school, community, healthcare or church setting. The two hour workshop is free of charge. Parents will learn about ways to open the door to conversation about abstinence and sexuality; recognize and use teachable moments to communicate important facts and values; have the opportunity to practice answering difficult questions; and listen and respond with greater confidence and skill. If you are interested in hosting a workshop please contact Barb Flis, Coordinator, at 248.538.7786 or teto@michigan.gov.

For more information about the Talk Early & Talk Often Parent Education Initiative go to:
www.michigan.gov/miparentresources.

A Great Big Thanks!

L'Anse Creuse Coalition

Jeff McDowell

Dylan's Raw Bar & Grill

**California Pizza Kitchen
Diane Conti**

Christ Lutheran Church

**Administrative Assistant
Academy**

Give Our Regards To

Broadway!

CARE's 7th Annual Fundraiser Tea

Join us for Entertainment,
Raffles & Auctions

**Sunday, October 4, 2009
12:30pm-3:30pm
Barrister Gardens
24225 Harper, St. Clair Shores**

Call 586.541.0033 for sponsorship opportunities,
table reservations or more information.
The deadline for reservations is
September 28, 2009.

Tickets are \$35



More Community Resources & Information

Macomb County Crisis Center

The Macomb County Crisis Center now has 4 telephone numbers for the public to call when in need:

586.307.9100

800.SUICIDE

800.273.TALK

800.442.HOPE

Families Anonymous

For those concerned about destructive behavior of a family member. Thursdays beginning February 7 at St. Ronald Church in Fraser 7:00 - 9:00p.m.

FASD Support Group

Raising children with FASD, 2nd Tuesday of every month from 6:00 - 8:30 pm. Call 586-541-0033 for more information.

MCCSA Head Start

Free preschool programs for 3 and 4 year old children. Call 586-469-4215 for more information and registration.

Great Parents Macomb

Call toll-free in Macomb County for information on community activities and events for young children, or for information regarding your young child's development (birth-60 months). Free resources available including: Parent Help Card, Directory of Children's Services, monthly child growth and development information, subscription to Parent Child magazine, Nursery Rhymes Song and Fingerplays booklet and more!
Call 866-462-2662 for more information.

Family to Family

Serving foster families in Warren, Roseville and Clinton Township. Call Anna Marie at 586-541-2273 ext. 129.

For more program information, please call:

*Clinton Township —586.722.8813

*Roseville —586.585.0351

*Warren —586.758.1253

Kroger Gift Card Program Changes



It is no longer necessary to purchase a Kroger gift card to benefit CARE's Children's Programs. All you have to do is register your Kroger rewards discount card (small and usually kept on your key chain) online at www.krogercommunityrewards.com and indicate that you want CARE to benefit from your purchases. This simple change will make it possible for anyone who shops at Kroger to support CARE's kids.

Kid's Connection

Do you know a child, age 7-11, who has been affected by a family member who suffers from alcoholism or other drug dependency and resides in a *northern* Macomb County community? Macomb Family Services Prevention offers a 6-wk. group for children *and* their caregivers called **Kid's Connection**. Children meet with a facilitator to learn about addiction, their feelings, how to cope, and the importance of safe people. A caring adult must attend. Please contact Nancy Donahue, Director of Community Programs, (586)752-9696 X. 210 or ndonahue@mfsonline.org.

Flower of the Month Club

Once again, CARE is offering memberships for the English Gardens Flower of the Month Club for \$30. Once an invitation is purchased, flowers may be redeemed at any English Garden location each month for one year. These fresh arrangements include cut flower bouquets and potted plants. Memberships make excellent Mother's Day Gifts for mom, grandma and even yourself! You may purchase your Flower of the Month Club Package by phone, web or mailing in a check. Contact Lynn at 586.264.4246 x116 for more information; be sure to mention CARE when ordering.

Don't forget CARE's Children's Programs when you plan your general donations! Please help us help the kids! Donate today at www.careofmacomb.com

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. Federal, state and local funding has been provided through Macomb County Mental Health/Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.

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