



THE JACARANDA CENTER

for Family and Youth Development, Inc.

SPRING 2020

PARENT HUDDLES

RESET!

Madness of March is behind us and it's time to RESET! The corona virus is still with us, but it's time to put our heads together and design a new blueprint for our families. Join Chisha Johnson, Executive Director of The Jacaranda Center for Family and Youth Development, Inc. as she hosts a series of free, online parent huddles to help families reset their lives and chart a new path forward.

ONLINE, TUESDAYS ~ 6:30 PM – 8:00 PM

1. FAMILY RESET: IT'S TIME TO REBUILD ~ April 28, 2020

- Join Chisha Johnson as she unpacks the 5R's needed to reset families and build new family systems and connections. The 5 R's are: Refocus, Reconnect, Reset, Remember and Rest.

2. FINANCES: BACK TO BASICS ~ May 5, 2020

- Renee McElroy, Program Coordinator of the Making Change - Financial Wellness Program, helps parents create new spending plans, set S.M.A.R.T. Goals, categorize and track expenses, and plan for and pay bills.

3. COLLEGE ROADMAP: REVISITED ~ May 12, 2020

- Join Chisha Johnson and Annette Olney, HCPSS BSAP Liaison as they share updated information on navigating online learning, shifting college entrance requirements and scholarship resources. They will also share information about their work with the Oakland Mills Local Leadership Team.

4. STRESS, ANXIETY AND SELF-CARE ~ May 19, 2020

- Join Clinical Social Worker and Therapist Barbie Johnson-Lewis and Holistic Health Coach and Registered Nurse Lydia Romero-Johnson as they help parents navigate the stress and anxiety of the times. They will share information on coping skill and strategies for self-care, as well as information about their work with the Oakland Mills Local Leadership Team.

5. RETHINKING SUMMER ~ May 26, 2020

- Chisha Johnson invites parents to rethink their summer activities and create summer plans that intentionally build family strength, healthy development, and prepare their children for transition to the next grade or school.

You are not alone! We're in this together!

The contents on this flier are neither sponsored nor endorsed by HCPSS.

**For more information contact (443) 741-1144,
info@thejacarandacenter.org or
visit www.thejacarandacenter.org**

*In partnership with
the Oakland Mills
Local Leadership
Team*

