

JANUARY 2022

# PEERS FAMILY DEVELOPMENT CENTER NEWSLETTER



If you would like to donate please contact us  
at 910-333-9725.

We're on the web!

[www.peersfamilydevelopmentcenter.com](http://www.peersfamilydevelopmentcenter.com)

FB: PEERS Family Development Center

FB:PEERS Adosecent Parenting Program Group

## Updates from PEERS

Happy New Year!

We hope everyone is off to a great start in 2022. PEERS is looking forward to this year because it is our **45-year Anniversary!** That's right! **PEERS is 45 years old.** We have a lot instore for this coming year.

We are going to start parenting classes on January 10, 2022, Monday with Group Triple P which is a 9-week class and will run until March 14, 2022. On Tuesday, January 11, 2022, the Stress and Ander Management (SAM) begins and will run for 5 weeks until Feb 8, 2022. Starting Wednesday, January 12, 2022 starts Substance Abuse Recovery Nurturing (SARN) class and will run for 18 weeks until May 5, 2022. Thursday, January 13, 2022 we begin with Early Childhood Nurturing (ECN) and this class will run for 16 weeks until May 5, 2022.

Classes will be M-Th from 6-8PM The longer classes like Group Triple P, SARN and ECN will have dinner starting at 5:30PM. All classes are free to Onslow County residents. We also offer free childcare for class participants. Call PEERS to make a referral 910-333-9725 to Ms. Sam or Ms. Katie. Check out our Facebook page for more information.

Our Adolescent Parenting Program has immediate openings for any teen who is pregnant or parenting under the age of 20. This is a free incentive-based program. Teens will earn enough points to provide their child with toys, diapers, wipes, car seats, pack n plays and sleep sacks while they remain in the APP program. to make a referral call Ms. Kristin at 910-333-9725.

Our free childcare is accepting children. Monday, Wednesdays or Friday from 9:00AM-1:00PM families can use this for children ages 5 and under who are not in another childcare setting. Childcare can be used up to 1 day a week, reservations are required. Ms. Sam will be happy to send parents the intake packet or come by PEERS for a walk through of the childcare rooms.

TASCO will be starting community cafes this month around the community. The first one will be held at Sandy Run apartments on 12/18. See TASCO Facebook or call PEERS to talk with Tondrea.

*Tondrea Leach, MSW, LCSW*  
*PEERS Director*



# Adolescent Parenting

## Which hand is it?

(6-9 months)

- Close your hand around a small, interesting object.
- Open your hand to show the baby the toy. Close your hand.
- Ask the baby, "Where's the (name of object)?" Open hand again to show the object to the baby.
- Using your other hand, repeat the game.
- Soon your baby will grab your hand to try to reach the object.
- This game helps babies understand that objects placed inside containers do not disappear.
- It teaches exploration skills.



APP utilizes Parents As Teachers curriculum & Group Connections as a part of our growing program.



## APP Goals:

- \* *Keep your monthly appointments!*
- \* Stay in school!
- \* Delay a second adolescent pregnancy!
- \* Continuously developing parenting skills!
- \* Graduate High School!
- \* Attend Monthly Group Connections!
- \* Learn to be an independent adult!
- \* Avoid abuse and neglect for yourself and your child!

## January

### Group Connections

**WHAT:** Vision boards/SMART goals.

**WHEN:** January 13, 2021

**WHERE:** YMCA

## Happy birthday

Cymere

Alexis



For extra points name the Kimochis listed this month at group!

**APP is graciously sponsored by:**



# Parent Education

The parenting class schedule is now available. It is posted on the PEERS Facebook page.

If you have any questions about parenting or about classes, please give us a call. We'd love to assist you!

Upcoming classes:

- Resilience Screening
- Darkness to Light

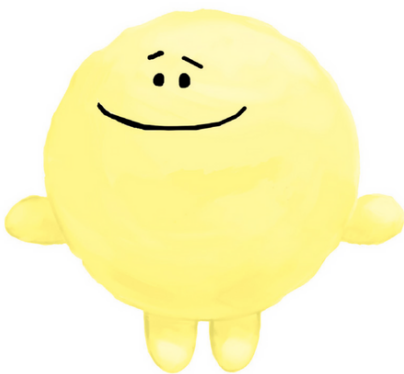
Call to register - 910-333-9725.



**Call to schedule a Resiliency Screening or a Darkness to Light training off-site.**

**This is free to any organization.**

## Kimochis: (feelings)



# KIND

KOTOWAZA

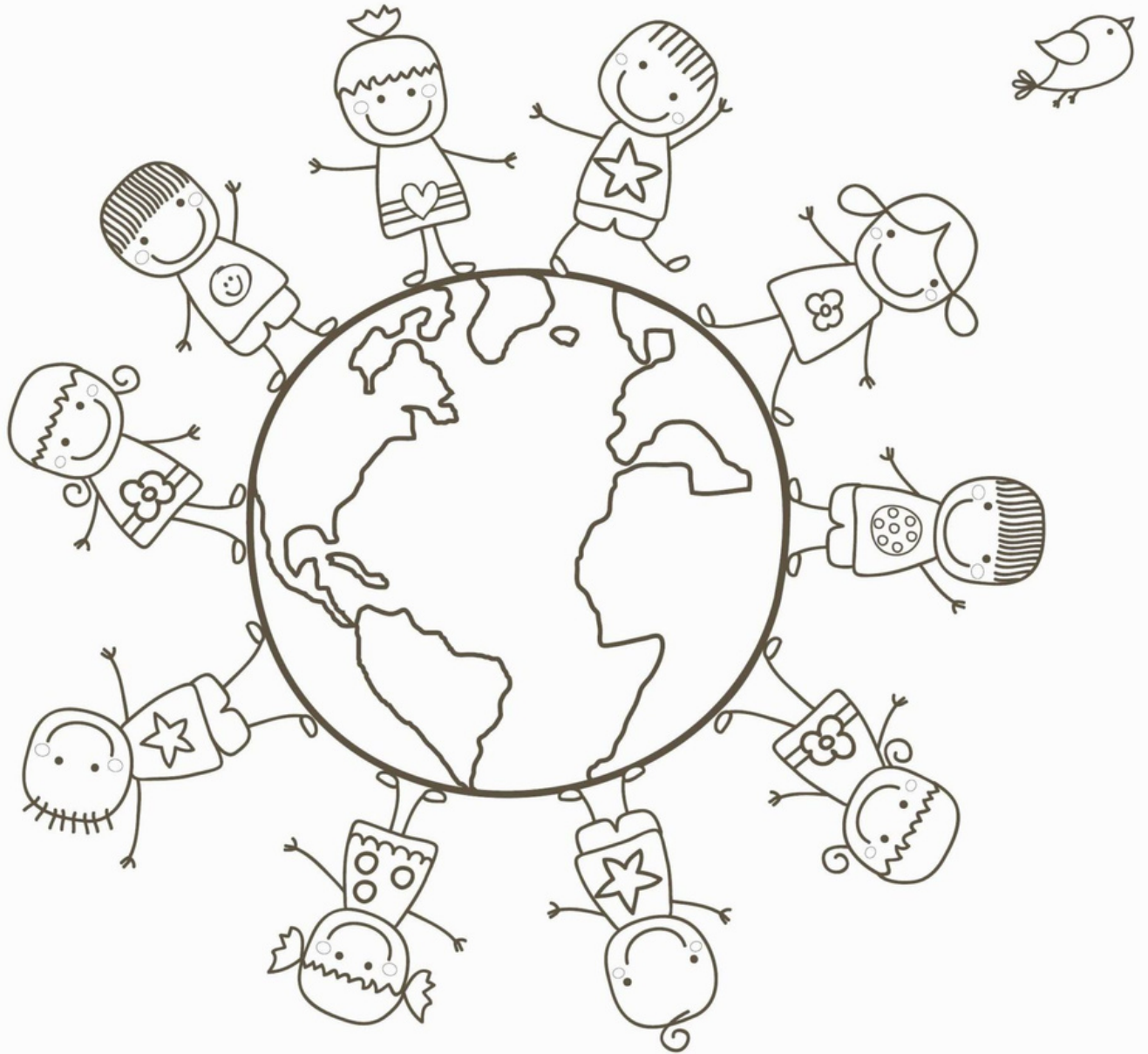
Take the time to be kind.

[www.kimochis.com](http://www.kimochis.com)

## 7 Fun Ways to Teach Kindness to Kids

- (1) **Send kind thoughts.** - Think about someone they want to send kind thoughts to and then say out loud, "May they be happy. May they be healthy and safe. This practice helps kids to get into the habit of thinking kind thoughts more often.
- (2) **Share stories of kindness.**
- (3) **Smile more often.**
- (4) **Play the compliment game.** - Toss a ball around and give a compliment to someone each time they make a throw.
- (5) **Practice random acts of kindness.**
- (6) **Try empathy charades.** - Draw faces on the board and guess the emotion.
- (7) **Volunteer for good.** - Whether its small or big actions, inspire your kids to involve in volunteer work. Teach them there is no limit to what your kindness can do!

# Activity Page for Kind



Kindness  
makes the world  
a better place!

# Childcare

*This respite program is available on Monday, Wednesday and Friday of most weeks from 9:00 AM to 1:00 PM by reservation .*

*To reserve a spot for your child call the office at 910-333-9725*

*During the summer time, please place sun screen on your child before they come to PEERS due to outdoor play time.*



## **Apple Frog for Kids** **Total Time: 5 minutes**

### **Ingredients**

- 1/4 Granny smith apple, cored
- 3 green grapes, halved
- 1 teaspoon cream cheese softened
- 2 raisins



### **Instructions**

- Lay the apple sideways on a plate. Cut out a thin horizontal silver for the mouth.
- Arrange 1 grape half on each side of the apple as arms. Cut out 2 little triangles from the other 4 grapes so they look like toes and fingers and arrange them as hands and feet. Shape cream cheese into 2 little balls and stick a grape into each as a pupil. Stick cream cheese eyes on top of the quartered apple.



### **Pre-K Program**

**PEERS is in the process of beginning to plan to see if we can offer a free Pre-K program on Tuesdays and Thursdays.**

**If you are interested in learning about this program for your child, contact Ms. Samantha.**

**FIND US ON SOCIAL MEDIA**

**Instagram**

**Twitter**

**Facebook**

**@peersfamilydevelopmentcenter**

**If you are interested in donating to PEERS, please**

**contact us at [peers@bizec.rr.com](mailto:peers@bizec.rr.com) or call 910-333-9725.**



**Parenting Education & Childcare is graciously sponsored by:**

**LIVE UNITED**



**United Way of Onslow County**



Kiwanis of Jacksonville and PEERS Family  
Development Center Presents

# Purses with A PURPOSE

Saturday, February 5, 2022 | 11AM-1PM | Senior Services

## BINGO

Join us for a bingo fundraising event  
with the chance to win up to ten new designer handbags!

**SHOW YOUR SUPPORT FOR THE FIGHT AGAINST CHILD ABUSE**

TICKETS: \$35 PER PERSON OR 2/\$60

INCLUDES 10 ROUNDS OF BINGO, BINGO CARDS, & ONE DAUBER

HORS D'OEUVRES & REFRESHMENTS WILL BE SERVED!

ADDITIONAL BINGO BOARDS AVAILABLE FOR PURCHASE

GENTLY USED DESIGNER HANDBAG SILENT AUCTION

50/50 RAFFLE

ONE WINNER PER ROUND WILL RECEIVE A NEW DESIGNER HANDBAG. IN THE CASE OF MULTIPLE BINGO WINNERS DURING ONE ROUND, A DICE ROLL OFF WILL TAKE PLACE. THE PERSON WITH THE HIGHEST DICE TOTAL WILL WIN THE DESIGNER HANDBAG FOR THAT ROUND. THE REMAINING BINGO WINNERS IN THAT ROUND WILL RECEIVE A CONSOLATION PRIZE.

**MODERN**  
Exterminating

**golden**  
**corral**

FOR TICKETS CALL, 910-333-9725  
OR

CHECK US OUT ON FACEBOOK! 

All proceeds support PEERS Family Development Center  
Adolescent Parenting Program



Parenting - the Roots of our Past and the  
Branches of our Future