



YANA PRESENTS

PARENT NEWSLETTER

Upcoming Events

★ CAREER READINESS -
INTERVIEW DRESS CODE-
5/15

★ MENTAL HEALTH
JEPORADY 5/16

TALENT SHOW
AUDITIONS 5/13

Looking Ahead :

MAY IS MENTAL HEALTH AWARENESS MONTH, AND IT'S A WONDERFUL OPPORTUNITY TO CREATE SAFE, SUPPORTIVE SPACES FOR STUDENTS AND FAMILIES—WHILE ALSO HONORING AND UPLIFTING MOTHERS AND CAREGIVERS FOR MOTHER'S DAY. HERE ARE SOME THOUGHTFUL WAYS TO CELEBRATE BOTH:

APRIL IS RECOGNIZED IN THE UNITED STATES AS BOTH SEXUAL ASSAULT AWARENESS MONTH (SAAM) AND STRESS AWARENESS MONTH. THESE OBSERVANCES PROVIDE VALUABLE OPPORTUNITIES TO EDUCATE STUDENTS ABOUT CONSENT AND EQUIP THEM WITH TOOLS TO MANAGE STRESS EFFECTIVELY.

COUNSELORS WILL BE HOSTED MINDFULNESS WORKSHOPS, STRESS-RELIEF ACTIVITIES, AND WELLNESS CHALLENGES TO HELP STUDENTS MANAGE ACADEMIC AND EMOTIONAL PRESSURES. ENCOURAGE YOUR CHILD TO PARTICIPATE AND PRIORITIZE SELF-CARE.

● SEXUAL ASSAULT AWARENESS MONTH WE'RE COMMITTED TO CREATING A SAFE AND SUPPORTIVE ENVIRONMENT. AGE-APPROPRIATE PROGRAMMING WILL FOCUS ON CONSENT, RESPECT, AND HEALTHY RELATIONSHIPS. RESOURCES WILL ALSO BE SHARED WITH FAMILIES THROUGHOUT THE MONTH.



**THE CHILD
CENTER OF NY**