



[Can't View as Webpage? Click Here](#)

December 2023 Promoting Positive Parenting

M *Parenting Awareness*
MICHIGAN

PAM hopes to provide you with education and resource materials for those doing important work with parents and families in your community on various topics to raise awareness around parenting issues.

Mark Your Calendar

2023 Upcoming Events

- [National Impaired Driving Prevention Month](#) - All December
- World Aids Day - December 1
- Hanukkah - December 7 - December 15
- MYCN Youth Coalition Development Leadership Retreat, Wednesday, December 13th, 9:00 am - 4:00 pm, Macomb Community College (South Campus)
- Christmas Eve - December 24
- Christmas Day - December 25
- Kwanzaa - December 26 - January 1

Have an event to add to this calendar? Email Sara (sarak@preventionnetwork.org) and we will make sure it is added.

Have an event coming up? Want to celebrate your amazing achievements or recognize someone doing great work with parents and families? Email sarak@preventionnetwork.org to be included in the next edition of "PAM Spotlights" or follow this link "[PAM Spotlights](#)" to fill out the form.

"PAM Spotlights"



Cristo Rey Community Center is a basic needs service center open to anyone in need.

Cristo Rey is celebrating its 55th Anniversary this December!

Cristo Rey is located in Lansing.

Cristo Rey Counseling services is part of the Cristo Rey Community Center that provides our community with medical services as well as prescription assistance, a food pantry, the clothing closet and the personal needs closet that also provides diapers and wipes for those families in need. We also provide 2 free meals a day in our cafeteria and offer free bread on the bread rack daily. In our Financial Empowerment Department, they can help with budgeting and taxes when it is time. We also offer a free legal service by appointment. We have a newly renovated chapel where they serve mass every Friday at noon.

The Counseling Department provides Intensive Outpatient, Outpatient and Mental Health services for client with a Substance Use Disorder. We also provide many prevention programs such as Parent Nurturing, Roots & Wings - Strengthening Families and



1717 North High Street, Lansing, MI 48906

Monday – Friday 8 am – 5 pm

517-372-4700

cristoreycommunity.org

Community Kitchen

Hot and healthy breakfast 9 am – 11 am, Hot Lunch 11:30 am – 1 pm

Food Pantry

517-253-8249

May be utilized once a month, call to verify eligibility and make an appointment

Open Distribution

Fresh Produce, 2nd and 4th Thursday of each month, Registration begins at 8am

Additional Services

Bread rack – 2 loaves daily, Clothing Closet – utilized two times a month, Personal

Needs Closet – utilized once a month

Medical Practice

517-371-1700

Access to high quality, affordable healthcare to

Prescription Assistance

517-253-8247

Assisting individuals without prescription coverage, essential medications at no/low cost

Counseling Services

517-372-4700 ext. 140

Prevention - Parent Nurturing, Roots & Wings and Anger Management - all three of these programs are offered at no cost. Please call to get information for registration and times that classes are offered.

Treatment – Substance Abuse Counseling - Intensive Outpatient and Outpatient services provided with high quality and confidentiality. Mental health services are also available once enrolled. We accept all Medicaid Insurance plans.

<https://www.cristoreycommunity.org/>

PAM has updated its Mission Statement and Guiding Principles. See below.



Parenting Awareness Michigan

Mission Statement

Parenting Awareness Michigan is dedicated to empowering and supporting parents and caregivers by cultivating healthy parenting practices for raising resilient, and socially and emotionally competent children.

Guiding Principles

We value, embrace, and respect the diversity and uniqueness of everyone and all families.

We believe informed and effective parenting is a key factor in alcohol, tobacco, and other drug use prevention, as well as child abuse and neglect prevention.

We believe that everyone deserves access to the knowledge and tools necessary to provide and foster a nurturing and healthy environment for children.

We value collaboration and the strength that comes from sharing experiences and resources among parents/caregivers, families, professionals, and communities.

We believe in the importance of active education of state and local leadership to support and build strong families, communities, and resilient children.

Thank you to the PAM Strategic Planning Subcommittee for working to update these for PAM!

MICHIGAN STATE | **Extension**
UNIVERSITY

Michigan State University
Extension
Child and Family Development

December Offerings

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

- Class dates:
 - 12/5/2023: Essential Skills for Learning and Life
 - 12/12/2023: Talking With Kids About Race
 - 12/19/2023: Mindfulness for Children
 - 12/26/2023: No Class
- Class Times: 8:00PM to 9:30PM

[Register Here](#)

Parenting Series

Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. Certificates of attendance are available.

- Class Dates: December 4, 11, 18
- Class Times: 7:30pm-9:00pm ET

[Register Here](#)

The Parent Talk System

Do you feel like your children aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6 week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

- Class dates: December 5, 12
- Class times: 11:30am-1:00pm

[Register Here](#)

Kinship Caregiver Classes

Kinship Caregiver classes are targeted to relatives caring for another relative's children.

- Workshop: 12/13/2023: Essential Skills for Learning and Life
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

Title: Mindfulness for Young Children

- Class Date: December 21st, 2023
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

Title: Positive Discipline

- Class Date: December 22nd, 2023
- Class Time: 1:00 PM - 2:30 PM

[Register Here](#)



December 1 and 8 Behavior Is Communication with Dr. Sally Burton Hoyle from 1:00pm-2:30pm. [Register Here](#)

December 7 Moving On from Early On® with Stephanie Nicholls from 9:30am-10:30am. [Register Here](#)

December 12 Assistive Technology: More than Checking a Box with Sara Pericolosi from 12:00pm-1:00pm. [Register Here](#)

December 13 Understanding School Options: Virtual and Cyber and Web, Oh My! with Stephanie Nicholls and Michelle Driscoll. For the 12:00pm-1:00pm webinar, [Register Here](#). For the 6:30pm-7:30pm webinar, [Register Here](#)

December 14 Promoting Literacy Success with Noel Kelty from 6:30pm-7:30pm. [Register Here](#)

December 19 How to Have Collaborative Assistive Technology Conversations with Sara Pericolosi from 12:00pm-1:00pm. [Register Here](#)

SAMHSA Blog Post

[Supporting Your Mental Health](#) [During the Holiday Season](#)



Submit an idea to [Sara Kirkpatrick](#), PAM Program Coordinator

Prevention Network/Parenting Awareness Michigan (PAM)
preventionnetwork.org/pam | 517-393-6890

And feel free to make a donation to help continue providing free resources [click here](#)

Prevention Network

