

OCTOBER 2020

RESILIENCE

Parents Anonymous® Inc.: California Parent & Youth Helpline
and National Parent Helpline®



THIS MONTH:

Domestic Violence Awareness

This October, for Domestic Violence Awareness Month, let's work together to create meaningful, lasting change by elevating the leadership and expertise of those impacted by domestic violence so that all survivors can get the support they need. Domestic violence affects millions of people. In fact, nearly 3 out of 4 Americans personally know someone who is or has been a victim of domestic violence. People of all ages, genders, races, and backgrounds have the right to live safely in their homes, schools, communities, and workplaces. Racism, classism, and sexism disproportionately affect people in violent relationships and their ability to come forward, as well as how they are treated if they do. Domestic violence is not always physical. It can be yelling, humiliation, stalking, manipulation, coercion, threats, isolation, and more. Teach your children what safe love is and what to expect from a healthy relationship. Teach your loved ones about respect, for themselves and for their partners, and how crucial it is to maintain healthy relationships. Domestic violence looks different in every situation. If you're concerned about a friend, neighbor, or loved one—even if the abusive behavior doesn't seem "extreme"—reach out for support today.



- October 12th: Dr. Renee Sunday Podcast
- Spotlight in September/October Issue of Exceptional Magazine

Real, live help from real life people. The CA Parent & Youth Helpline provides free, non-judgmental, emotional support from 8am-8pm, 7 days a week. Call, text, or live chat on our website: caparentyouthhelpline.org



Welcome Fall

Sensing the change in the air can make our current climate feel a bit stagnant. How can we celebrate this season while maintaining our safety?

There are many safe ways to celebrate Fall 2020:

Parents, children, and youth can put on their masks and head out on a nature walk. People of all ages can practice mindfulness and experience the wonder of change while locating transitioning colors on leaves, feeling the crisp air on their cheeks, and even observing the local animals preparing for their winter needs. This will help you feel calm and reduce stress.

Perhaps the nature walk can easily become a way to collect these treasures of change. Bringing a few stunning leaves into your home may inspire artistic endeavors for people of all ages. Choosing pumpkins can still happen – even from home!

Getting some pumpkins from the grocery store has never been easier. It could be fun to secure enough for each family member to have at least one pumpkin and set up a mini pumpkin patch at your

home! Whether this is in the yard, the living room, or even the kitchen. Have popcorn and hot cocoa at the ready and let each person pick the pumpkin that calls to them. Doing this at home comes with the added bonus of being able to turn on a seasonal movie and enjoy your treats and the season in the comfort of your own home.

Carving pumpkins does not have to change. Spend this quality time together choosing how to best decorate pumpkins to suit individuality and your family (an easier decorative option could be to paint pumpkins or cover them in stickers). Don't forget to bake those pumpkin seeds as a special treat!

Speaking of baking, cookies are a great way to celebrate every season. Shaping some sugar cookie dough into fall-themed cookies is a delicious way to



celebrate the beginning of fall.

Including seasonal produce in your meals is a great way to branch out of your family's mealtime comfort zone and introduce their taste buds to the flavors of fall. Butternut squash and sweet potato are versatile foods that can be added to any meal. Plums and pears are a great addition to your fruit bowl. You can even join the pumpkin trend and discover the multitude of ways you can add pumpkin to your dishes.

This time of year, while there may be much to look forward to, can also be challenging for many people as we prepare for the cold and the clouds and the days where we long for the sun. As we approach these changes and the challenges of 2020 in general, please do not hesitate to contact the California Parent & Youth Helpline. Asking for help is a sign of strength®.



Parents Anonymous® Parent Success Story

I am worthy. I am worthy of love. I love myself. These discoveries shattered everything I thought I knew about myself. The parents in the Parents Anonymous® group I attend truly opened my mind and helped me realize that the toxic relationships I had endured did not define me

nor my character. When I could repeat these affirmations to myself daily and believe them, I cried with relief. Learning how to love myself opened up the doors of being more capable of loving my kids and others in a healthy way. Healthy love is safe love.

Visit our Website to Donate Now: Hold the next success story in your hands.
www.caparentyouthhelpline.org