

# PREVENTION CORNER

September 2021 | Vol.2

**Inside**  
this Issue:

- Connecting and Communicating
- Supporting a Loved One
- Upcoming Events

The theme for September is Connecting, Communicating, and Supporting. This issue of our Prevention Newsletter discusses connecting with your children, resources at school, communicating feelings, and how to support a loved one. As you read, you will learn meaningful communication skills.

**Behind every young child who believes in himself is a parent who believed first.**

-Matthew Jacobson

We understand asking for help can be very difficult for a teenager. As a parent, it is important to communicate with your child so they understand they can lean on you for guidance in uncomfortable or scary situations. It is important for your child to know they have multiple trusted adults they can seek for guidance. A trusted adult can be a parent, aunt, uncle, grandparent, teacher, coach, counselor or even their principal. Communication is key when discussing difficult topics. Communicating emotions can help us cope and find solutions to difficult situations.

## Communication

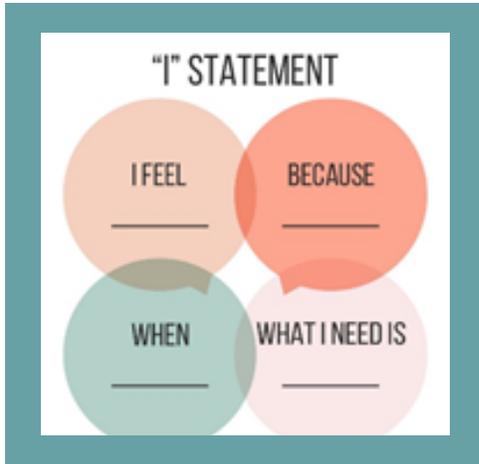
It can be stressful talking to a trusted adult about how you are feeling; however, it is worth it! Talking with someone you trust provides the opportunity to share your feelings and thoughts about a situation. The interaction between you and the adult may help you cope with a difficult situation, identify possible solutions to the situation and help develop a plan on how to deal with the situation.

## The Power of Connecting



# SUPPORTING A LOVED ONE

When talking to a loved one, try to use "I" statements such as "I have noticed..." or "I am concerned...". Try to understand their point of view and what they are feeling. Remember to treat your loved ones with respect and compassion. Let the person know you care about them and listen without judgment.



It can be hard to talk to someone about worries or stressors. Nevertheless, it is important to share your feelings and practice good listening skills. Supporting a loved one can be tough, and these tips will help!

*The Parenting Teens class was very helpful. The curriculum provided information in a clear and concise manner that helped me better understand my parenting style and things I can do as a parent to set clear, reasonable expectations, role model, relate and communicate with my children. The presenters did a great job highlighting important aspects of the material and the handouts were very helpful.*

-Diana, a participating parent

## Upcoming Events

**Parenting Classes:**

Parenting Teens: Begins September 2021  
 Parenting Today: Begins September 2021

*\*Classes are offered weekly for six consecutive weeks on Zoom.*



### Word Search

J W R G W R E A D I N G S D C  
 W C B J X J J X E X Z M A T H  
 L N H I W N L H I L R G P H O  
 V X N T W K R G W P H B E U J  
 M J S O E G G Z Y Y I B N S Q  
 T K S G T A V G G R G C C L M  
 J H N C G E C F P V H I I Y G  
 S C C Q I D B H H V L A L A L  
 B W R M K E W O E C I P T O U  
 G Q G A I I N W O R G Z H S E  
 D W N S Y X R C D K H D E C M  
 N U Y B D O E C E A T E L U J  
 C Z K C N C N N S M E I H L P  
 S H S K L E T S K P R Z E F V  
 M X Z J L K K H A K S Y Z P U

highlighters      notebook      science      reading  
 teacher          crayons        math          desk  
 pencil            glue

## LOCATION & CONTACT INFO

**Horseshoe Drive Location | Prevention Services**  
 2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

**Parenting Classes:** To register - [DavidLawrenceCenter.org/parentingprograms](http://DavidLawrenceCenter.org/parentingprograms)  
**Preventions Talks:** [DLCPrevention.org](http://DLCPrevention.org)  
**Stand-Up:** [StandUpDLC.org](http://StandUpDLC.org)

