As mental health continues to be an important and popular topic in the media and popular culture, the staff in our Viewpoints program hope to continue connecting with youth in Airdrie to facilitate discussions about self-care and developing positive behaviours that support mental health.

Jodie Moffatt, Community Outreach Worker for Viewpoints, says that through the sessions she's seen great progress with some of the youth who have been accessing the program over the past year.

One young teenager reached out for more help after attending a session focused on suicide. She had experienced the suicide of a close friend, and she couldn’t make sense of what had happened. She felt responsible, and wondered what she could have done differently to prevent it.

Jodie says the key message she tries to help youth understand when it comes to suicide is that it is never their fault. “You are responsible for your own actions and behaviour, but you are never responsible for how someone else reacts to that and what actions they take,” she says. “It is important for youth to be connected and know where to turn should they need assistance with their own thoughts of suicide or those of their friends.”

One such resource is the ConnecTeen line through the Distress Centre, a confidential peer support service for youth in Calgary and area. They have a variety of ways for teens to connect such as phone (403-264-8336), text (587-333-2724) or live chat at calgaryconnecteen.com.  

Continued on Page 2
It seems like my child has not reached milestones like other children her age. How do I know she is ready and how do I know she is developing on par?

This is a question that we hear a lot from parents. All parents want to ensure that their children are meeting their developmental milestones! Some parents may become worried when they see other children growing and learning at a more rapid pace than their own children. But, all children are different and will more than likely meet their milestones at different times.

As a parent and/or caregiver, you can encourage your child’s development with some simple activities, such as those found on the Early Childhood Development page on the Alberta Health Services website. This page has activity calendars for infants, toddlers and preschoolers that are simple and can be fit into your day to day activities.

If you are unsure of what milestones your child should be meeting, check out the Developmental Milestones button on the Healthy Parents Healthy Children website. This page has links for developmental charts from birth to 5 years old.

If you have any concerns about your child, I would encourage you to speak with your family doctor. If your child has met a milestone but then fails to use that ability again or has missed several milestones, your doctor may refer your child to a pediatrician or another early childhood intervention program. As a parent you know your child best, and if you have any concerns it’s important to discuss it with someone. You are your child's first teacher and their biggest cheerleader!

- Nikki Bagwell, Healthy Families Home Visitor

Do you have parenting questions for our staff? Send them to us at jmellnychuk@closetohome.com and you may be featured in our next newsletter!
You braced a chilly morning, hot day and ran miles to support Closer to Home! A huge thank you to all the runners that participated in the Scotia Bank Charity Challenge 2018. You helped raise over $3,500.00!

The Teaching Home in Airdrie is well on its way to a new kitchen, all thanks to TOPCO Oilsite Products Ltd. for the donation and volunteer work!

Marsha Hanson (Centre), our Ee-Des-Spoom-Ooh-Soop Program Facilitator, was recently recognized as Pekewe House Elder during a pipe ceremony. Congratulations Marsha!

Kids at our Achievement Place 2 Teaching Home have a safe and well-manicured backyard. Thank you Aviva Volunteers for your hard work at AP2 and also for the deep cleaning at Pekewe House.

It was a wet and rainy day, but we still had fun participating in the Family Day and Pow Wow event organized by Aboriginal Awareness Week Calgary.

CALL FOR SPONSORS
ADOPT-A-FAMILY 2018

Partner with Closer to Home to give 300 local families a merry Christmas!

www.closertohome.com/adopt-a-family
Join Our Team

TEACHING PARENT

This position is a full-time live-in position for a couple able to provide intensive treatment for six youths in a family home environment.

The Teaching Parents’ primary objective is to encourage youth to develop to their maximum potential and enable them to successfully integrate back into their families and communities.

FOSTER PARENT

This full-time live-in position (24 hours a day) in your own home for an individual or couple looking to have a positive and lasting impact on children and their families.

Foster Parents’ primary objective is to provide specialized treatment oriented family based care for children who may otherwise be placed in more structured programs, follow all legislative and agency mandated policies and procedures involved in the care of foster children, as well as participate fully in the process of family reunification, if appropriate.

For detailed information or to check out more career and volunteer opportunities, please visit our website at www.closertohome.com.

Thank You!

Our heartfelt gratitude to all our donors and volunteers for supporting Closer to Home this past quarter (April 1, 2018 to June 30, 2018).

Our Donors in the last quarter:
And many more donors who wish to remain anonymous.

Our Volunteers in the last quarter:

Board Members: Kate Andrews (Board Chair) * Paul Ratti (Vice Chair) * Bailey Rivard (Treasurer) * Brett Shikaze * Dean Mullin * John Wilbeck * Shannon Friesen * Trish Bronsch


YES, I WANT TO HELP YOUTH ACCESS MENTAL HEALTH RESOURCES!

I would like to make a MONTHLY GIFT of:
☐ $100/mth ☐ $25/mth ☐ $10/mth ☐ Other $ ______/mth

OR, here is my SINGLE GIFT of:
☐ $500 ☐ $200 ☐ $75 ☐ Other $ ______

Name ________________________________
Address ________________________________________________
City ___________ Prov _____ Postal Code ___________
Phone # ________________________________
Email ________________________________

☐ Please sign me up to receive the CTH quarterly newsletter by email instead of mail.

Method of Payment:
☐ My cheque made payable to “Closer to Home Community Services” is enclosed.

☐ I would prefer to use my credit card.
We will call you to process your donation through Canadahelps. Ph: ________________

☐ I would like to remain anonymous, please do not recognize my name in the Donor Recognition section of CTH publications such as this quarterly newsletter.

You can also make your contribution online at www.closertohome.com, just click the DONATE button.

Please return your completed form to:
3507A 17 Ave SW Calgary, Alberta T3E 0B6
Or fax your completed form to (403) 246-6406

Questions? Contact us at (403) 543-0550 Ext. 250

www.closertohome.com | Charitable Registration Number 89823 5759 RR0001 NO22018

Closer to Home | Summer 2018