

CARES CHRONICLE

Fall 2010 Programs & Services



Empowering Youth

Strengthening Family

Building Community

PARENT CALENDAR – Fall 2010

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| PARTIES, CARS & SOCIALIZING NETWORKING 9TH - 12TH grade parents NEW CANAAN HIGH SCHOOL | SEPT 20 9:30 am |
| Fathers Forum: TEEN PARTY SCENE Meg Domino, Local Prevention Council NC LIBRARY – Plaut Room | SEPT 30 7:00 pm |
| OPTIMIZING YOUR HEALTH WAVENY HOUSE – Main Hall | OCT 5 9:30 am |
| LIMIT SETTING Moirá Rizzo, LCSW OUTBACK TEEN CENTER | OCT 13 9:30 am |
| SOCIAL NETWORKING Meg Domino, MPH, CHES WEST SCHOOL | OCT 19 9:30 am |
| BRAIN POWER for BODY POWER Ava Diamond, LCSW SOUTH SCHOOL | OCT 20 9:15 am |
| VIDEO GAMING – Setting the Limits Elementary School Networking Eric Schleifer, Ph.D. NC LIBRARY – Lamb Room | OCT 27 11:00 am |
| DIAPER DARKNESS: Taking Care of You! All Preschool Networking Ava Diamond, LCSW WAVENY HOUSE – Main Hall | NOV 3 9:45 am |
| POSITIVE PARENTING Meg Domino, MPH, CHES EAST SCHOOL | NOV 9 9:15 am |
| ADOLESCENT CHALLENGES... Marcie Schneider, MD, FAAP, FSAM WAVENY HOUSE– Main Hall | NOV 16 9:30 am |
| PUBERTY... Yikes! NETWORKING 3 rd & 4 th grade parents NC LIBRARY – Lamb Room | DEC 8 9:30 am |

YOUTH IN ACTION



CARES Grads Continue to Lead

Giving back to the community is one of the many leadership lessons students learn while participating in CARES' award-winning Leadership Challenge program, Monday evenings at NCHS. Goal setting, self-assessment, time management, planning and prioritization, public speaking, and interpersonal connections are also requisite for graduation. So it is no surprise that these students take tremendous pride in sharing their skills near and far to improve the lives of others.

Some of the places that CARES grads applied their skills and knowledge this summer include...

- ...teaching in Tanzania*
- ...School House Apartments*
- ...Arts for Healing*
- ...Summer Enrichment Camp*
- ...Camp Hand-in-Hand*
- ...Waveny Care Center*



A lesson learned and shared...

Volunteering at 'Arts for Healing'

"I would help kids with basic tasks such as finding their way to the bathroom and knotting their bracelets at the end of the session. One day a new challenge emerged. After the Monday morning meeting, a young girl came into my classroom and knew very little English. She was aware that there was a language barrier limiting her interactions with the other kids and you could tell that she was nervous and hesitant. I worked hard at making her feel welcome by doing little things such as inviting her to sit at our table during lunch and asking if she would like to wash her hands with us after we were done with a project. I asked whether or not she was excited to start the new school year and she responded with a dreadful "No, not at all." However, by the end of the week she was noticeably more comfortable in her surroundings because she was running around with the other kids and even starting conversation with me. On one of her last days, she came up to me and said that she couldn't wait for school to start because she was ready to make even more friends outside of the camp." Jackie S.

For program updates and additional information, visit:

www.NewCanaanCARES.org
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