

HALOS

NEWSLETTER

*Caregiver's
Edition*



Welcome Jed Dews as HALOS' new Executive Director!!



We are excited to introduce you to **HALOS' new leader, Jed Dews.**

Just like you, **Jed is a kinship caregiver!** He is raising his nephew.

Jed has led nonprofits focused on **helping children, youth, and families to thrive.** He holds degrees in education with a focus on policy and youth advocacy.

He's looking forward to meeting you after he starts at HALOS on April 17!

You can join our caregiver groups

Hi! I'm Donna (that's me above). I facilitate HALOS' Kinship Caregiver Groups. This is my 4th year, and I absolutely love working with you all!

Caregiver Groups are a place to talk with your peers. You can **confidentially share your experiences**, issues and joy. Without a doubt, someone in the group has been through what you are going through, and **they will surely help you.**

If you've never been to a Support Group Meeting, you may be a little curious how it works. We first go around the room, introduce ourselves and then have a group discussion. **You only share when and what you are comfortable to share.** If you're new to Support Group, **you may want to just observe, and that's ok.** Hope to see you at a group soon!

*Upcoming
Support Groups*

**Please call 854-444-3716 to
RSVP.**

March 7, 2023: 10am
March 9, 2023: 7pm
March 21, 2023: 10am
March 23, 2023: 10am
April 4, 2023: 10am
April 7, 2023: 7pm
April 18, 2023: 10am
April 20, 2023: 7pm
May 2, 2023: 10am
May 4, 2023: 7pm
May 16, 2023: 10am
May 18, 2023: 7pm

HALOS SPOTLIGHT

HALOS SUMMER CAMP SCHOLARSHIP

Apply online by scanning
the QR Code or visit
charlestonhalos.org/apply



APPLICATIONS DUE BY JULY 1, 2023!

Summer Camp

You may request camp scholarships of up to \$350/kinship child for verified summer camps. Scholarships are limited to kinship children ages 5-15, not biological children. If you have multiple eligible kinship children, you must complete a form for each one at www.charlestonhalos.org/apply.

Attention City of North Charleston residents: We have summer camp slots available at Gethsemani Community Center (10 spots) and Felix Pinckney Community Center (5 spots). Contact us at 843-990-9570!

Spring Festival

HALOS SPRING FESTIVAL

April 1, 2023 • 11AM - 1PM

Jerry Zucker Middle School

6401 Dorchester Road

North Charleston, SC 29418

Sponsored by First Capital Bank

**JOIN US FOR A DAY OF
FUN & FELLOWSHIP
WITH HALOS FAMILIES!**

Register by March 27 to ensure
lunch is prepared for your family.

SCAN TO REGISTER

or visit HALOS.eventbrite.com



Can't register online?
Call 843.330.8503

This is an exclusive event for HALOS caregivers & children living in their home. Other family & friends will NOT be allowed into the event.

FAMILY ADVOCATE'S CORNER



Welcome Back, Robert!

Greetings! I'm Robert. You might remember me. I am excited to be back at HALOS as a Family Advocate! I was born and raised in the Lowcountry, and I look forward to serving local kinship families like yours again. I am here to support you!

What is Self Care? by HALOS' Family Advocate Kiki Todman

DOES THIS SOUND LIKE YOU?, *"I'm too busy for self-care" or "I don't have time to worry about myself, the kids come first!"*

This can be a **stressful time for both you and the children** that you care for. Not only are their lives changing, but so is yours!

Often you are focused on the children and their emotional well-being, but not on yourself. You **can't be everything to everyone without being there for yourself first**. In order to do that, and not get burnt out, you can practice different forms of self-care. Here are some things to remember:

- You are **worthy** of being taken care of.
- Give yourself permission to **take a break** and breathe.
- **Say "no"** more often.
- Start a routine. **Schedules are super helpful** for both you and the children!
- Ask for help that you need and **ACCEPT the help**.
- Building good self care isn't going to happen in a day, and it certainly isn't going to happen in a week. But if you **start off small** and make time for yourself, it'll get easier!
- **Caring for yourself IS caring for others.**

Types of Self-Care

Physical Sleep Stretching Walking Exercise Nutrition Yoga	Emotional Stress Management Coping Skills Compassion Therapy Journaling	Social Boundaries Support System Positive Social Media Communication Friends	Spiritual Time Alone Meditation Prayer Nature Sacred Space
Personal Hobbies Creativity Goals Identity Authenticity	Space Safety Healthy Environment Stability Clean Space	Financial Saving Budgeting Money Management Paying Bills Boundaries	Work Time Management Work Boundaries Breaks BlessingManifesting

IMPORTANT DATES

Hope to see you at our upcoming educational sessions! Please call 854-444-3716 to RSVP. Childcare is not provided.

March

March 4: 10am-12pm

Understanding ADHD

Covers the symptoms, causes, treatments, and educational recommendations for children with ADHD

March 11: 10am-12pm

Positive Parenting Program

- Accidental Rewards for Misbehavior
- Escalation Traps
- Ignoring Desirable Behavior
- Watching Others
- Giving Instructions
- Emotional Messages
- Ineffective Use of Punishment

April

April 8: 10am-12pm

Positive Parenting Program

- Developing Positive Relationships with Your Child
- Encouraging Desirable Behavior
- Teaching New Skills and Behavior

April 12: 10am-1pm

Child Abuse Awareness Prevention & Training

Covers what is child abuse, the signs of child abuse, and what to do when you suspect child abuse

May

May 6: 10am-12pm

Positive Parenting Program

- Managing Misbehavior -Establishing Clear Rules
- Logical Consequences -Behavior Correction Routine
- Routine -Rewards for Appropriate Behavior
- Consequences for Misbehavior

May 18: 10am-12:30pm

Grief. Loss. Hope: Grief, Loss and the Healing Power of Music.

Presented by Certified Grief Coach, Christal Brown Heyward

Expanded Food and Nutrition Education Program*

May 9, May 23, June 13, June 27, and July 11

10am-1pm (In Person & Virtual)

- Improved diets and nutritional welfare
- Selecting and buying food for nutritional needs.
- Food safety practices
- Managing food budgets and resources such as SNAP benefits.

***Please note the food and nutrition program is a series and you must attend all sessions ***