

HALOS

NEWSLETTER

Caregivers' Edition



Jed Dews, Executive Director

We are here for you!

Ensuring every kinship child is a safe and nurturing home is the mission of HALOS!

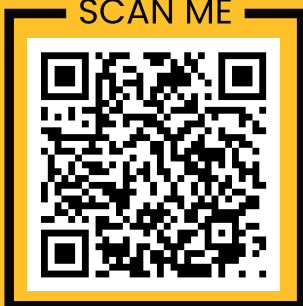
We want you to know HALOS is here for whenever you need us.

Don't be afraid to give your Family Advocate a call about any of the services we offer.

Contact HALOS as soon as you are in need of services. You don't have to wait until it's emergency.

We want to hear from you as soon as you need us!

For more details about our services,
SCAN ME



A word from our new Executive Director

HALOS Family,

Thank you! Thank you for your determination and your stories of sacrifice and love for the young people in your homes. I am personally grateful for the ways in which you continuously step up to care for the children and youth in your lives. As a fellow caregiver, I know it's not easy – we are constantly navigating a mixture of emotions and real-world obstacles. Still, we persevere for those in our care. I am also thankful for your voice and the ways in which you've been ambassadors of kinship care. Caregivers lean on each other, support one another, and understand the complex demands put on our special families. In my 60 days as the Executive Director, I've witnessed the ways in which HALOS and caregivers can be true partners, and I firmly believe that even more opportunities lie ahead. Our team will always be here for your family and will keep advocating for all kinship families in South Carolina. Please reach out anytime we can be of assistance!



HALOS SPOTLIGHT

Back to School Community Events



Upcoming Support Groups:

July 6, 2023: 7PM
 July 18, 2023: 10AM
 July 20, 2023: 10AM
 August 08, 2023: 10 AM
 August 10, 2023: 7PM
 August 22, 2023: 10 AM
 August 24, 2023: 10 AM
 September 5, 2023 10 AM
 September 7, 2023 7 PM

Please call 843-990-9570 to RSVP.



FAMILY ADVOCATE'S CORNER

Connecting with Children and Teens by HALOS' Family Advocate Robert Ellington

It is an essential aspect of parenting, teaching, and caregiving. It is a process that involves building a deep, **meaningful relationship** with a child based on **trust, mutual respect, and understanding**.

When children feel **connected to the adults** around them, they are more likely to **feel safe, secure, and valued**. This, in turn, can have a **positive impact** on their **emotional, social, and cognitive development**. In this article, we will explore the importance of connecting with children, the benefits of doing so, and some practical tips for **building strong and healthy relationships** with the children in your life.

1. **Spend Quality Time Together:** Set aside specific time each day or week to spend with your child. This can be as simple as reading a book together, playing a game, or going for a walk.

2. **Listen to Your Child:** When your child speaks, listen with interest and ask open-ended questions to encourage conversation. This shows your child that their thoughts and feelings are valued.

3. **Show Affection:** Hugs, kisses, and other displays of physical affection can help your child feel loved and connected to you.

7. **Be Positive:** Offer praise and encouragement to your child when they do something well. This can help build their self-esteem and strengthen your bond.

8. **Establish Boundaries:** Set clear boundaries and rules for behavior, but also be willing to negotiate and compromise when appropriate.

4. **Be Present:** When you're with your child, put away distractions like your phone or computer and focus on them.

5. **Share Your Interests:** Share your hobbies and interests with your child and ask them about their own interests. This can help you find common ground and build a connection.

6. **Encourage Creativity:** Encourage your child to express themselves creatively through art, music, or writing. This can help them feel validated and important.

9. **Show Empathy:** When your child is upset, try to understand their perspective and offer support and comfort.

10. **Practice Gratitude:** Express gratitude for your child and the positive aspects of your relationship. This can help reinforce your connection and strengthen your bond.

IMPORTANT DATES

Hope to see you at our upcoming educational sessions! Please call 843-304-2021 to RSVP. Childcare is not provided.

July

July 12th: 5:30pm-7:30pm

Bridges to Hope

- You will learn useful ways to support children who are grieving
- Covers the basics of grief, childhood grief & how it differs from adult grief
- Your child will have the opportunity to learn positive ways to deal with their grief and connect with other children who's experiencing grief
- *children & teens allowed/dinner served*

July 19th: 5:30pm-7:30pm

CPR/First Aid & Water Safety

Cover water safety with your children, teaching choking for infant and pediatric victims, and hands only CPR

July 24th: 9:00am-11am

Darkness to Light Stewards of Children
Child sexual abuse prevention training for adults

August

August 03 & 04: 9am-1pm

Trauma 101 for Adolescents

- Learning to be trauma-informed on suicide prevention when working with your preteen and teenagers.

August 18: 10am-12:30pm

Grief. Loss. Hope: Grief, Loss and the Healing Power of Music
Presented by Certified Grief Coach, Christal Brown Heyward

September

September 1, 8, 15, 22, 29 10am-12pm

Parenting A Second Time Around (PASTA)

Is an eight sessions that focus on topics including child development, discipline and guidance; caring for oneself as a caregiver; rebuilding a family; living with teens; legal issues; and advocacy

SCAN ME



For Upcoming HALOS
Events