



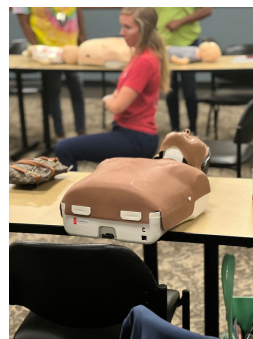
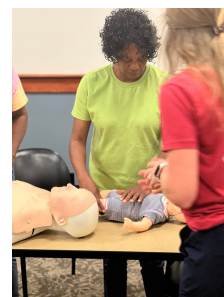
Ashley Grimball, Education & Outreach Coordinator

## HALOS' YEAR OF EDUCATION

For the first time, HALOS navigated the journey of adding educational workshops to its core services. MUSC Safe Kids, the Family Resource Center, My Sister's House, Clemson University Cooperative Extension Program, A Time of Refreshing, Dorchester Advocacy Center, Charleston Promise Neighborhood, Bridges to Hope, Safe Space Pediatric Counseling, and Now Hear This provided educational workshops.

As a participant, you increased your awareness and knowledge on meeting the therapeutic needs of your child(ren), teaching safe dating relationships, recognizing and advocating for your child(ren)'s educational need, the importance of eating healthy and bringing movements into your daily lives, living through grief, what to do when your child is sick, positive parenting, and first aid/cpr. Together, you received 44 hours of education workshops at HALOS.

HALOS is excited to offer more educational workshops in 2024! Please feel free to contact our Education and Outreach Coordinator, Ashley Grimball, for more information about our upcoming workshops.



# HALOS SPOTLIGHT

## HALOS HOLIDAY GIFT DRIVE

**Registered kinship children from ages 3 to 18 will receive two gifts.**

**All holiday wishes must be age appropriate.  
Please remember that wishes must be \$50 or less per item.**

### SCAN TO REGISTER ONLINE



or visit: [charlestonhalos.org/holiday](https://charlestonhalos.org/holiday)

### **DUE BY NOVEMBER 3RD**

## IMPORTANT DETAILS:

**\*Must complete the online application for each kinship child.**

**\*When you register online you will receive a confirmation email for each kinship child.**

**\*Bicycles, drones, electronic game systems, tablets and computers cannot be requested.**

**\*Video games may be requested. Please identify the compatible game system (i.e. Playstation, Wii, X Box, etc.). Rated (M) Mature games cannot be requested.**

**\*Only kinship children ages 14 and above may request gift cards.  
Please indicate a preferred store with the request.**



# FAMILY ADVOCATE'S CORNER



by HALOS' Success Coach Sara Lee

**Fall is in the air**, and the holiday season will be upon us! The holidays can be an extremely challenging time for **kinship families**. Not only do we get out of our usual routines, which is hard on our kids, but the holidays can come with a rollercoaster **full of emotions**. So what can you do to survive the holidays?

Try to keep your normal routines. Change in routine often leads to additional anxiety and stress. Trying to eat right, get enough rest, and keeping quality family time can help to reduce stress and anxiety.

Ask for help. Holidays are often a time people attempt to take on a lot of additional stress because it feels like there is so much to do. It's ok to ask for help from family, friends, or even the community.

Your child might experience feelings of sadness and grief as they are away from their own family during this time of celebration. You can help them by allowing them to talk about their feelings during the holidays. Ask how they are doing and recognize their feelings. Give them a safe space to share their emotions. After all, they are trying to cope with not being with their parents.

Set expectations for you and your kids. Preparing for potential excitement or disappointment can alleviate hopes being too high. If you're going to be celebrating with family or friends, make sure your kids know the boundaries and rules beforehand. That will reduce your stress, as well as theirs. This can include starting new traditions or maintaining traditions they shared with their parents. Find out what is important to them during this time of celebration.

Finally, **throw guilt out** the window. Try not to put **unreasonable pressure** on yourself. Life is meant to be a **journey**, for you and the children you are raising. **Don't overdo it**. Be **patient** with your children. Remember, take one day at a time.

# IMPORTANT DATES

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

## October

**October 02: 5:30pm-7:30pm**

MUSC Safe Kids (Infant Safety)

Did you know 4 out of 5 car seats are misused? Join us to learn about child passenger safety as well as Safe Infant Sleep. We will discuss common mistakes when it comes to infant sleep and provide resources on how to keep your most precious cargo safe both in the seat, and in the crib.

**October 14: 10:00am-11:30am**

I Just Wanna Dance

Rock out to all genres of music!!!  
You will bond with your child  
Learn some dance/movement  
Engage in drama play  
Taught with a healing, bonding, and creative focus  
No experience necessary!!  
Come for the FUN!!!!

**October 21st: 10:00am-12:00pm**

Safe Space Pediatric Counseling

Learn how to talk to your children about the birds and the bees in a therapeutic way

## November

**November 11: 10:00am-11:30am**

I Just Wanna Dance

Rock out to all genres of music!!!

You will bond with your child

Learn some dance/movement

Engage in drama play

Taught with a healing, bonding, and creative focus

No experience necessary!!

Come for the FUN!!!!

**November 17: 10:00am-12:30pm**

Building Your Bounce

-Learning the importance of self-care and increasing your protective factors

## Support Groups:

**October 03, 2023: 10AM**

**October 05, 2023: 7PM**

**October 17, 2023: 10AM**

**October 19, 2023: 10 AM**

**November 7, 2023: 10AM**

**November 9, 2023: 7PM**

**November 21, 2023: 10AM**

**December 05, 2023: 10AM**

**December 07, 2023: 7PM**

**December 19, 2023: 10AM**

**December 21, 2023: 10AM**

**Please call 843-990-9570 to RSVP for Support Group.**

SCAN ME



For Upcoming  
HALOS Events