

FAMILY AND CHILDREN'S E-MAIL NEWSLETTER



OUTDOOR ALPHABET SCAVENGER HUNT

- | | |
|--|--|
| <input type="checkbox"/> A - Ant | <input type="checkbox"/> N - Nest |
| <input type="checkbox"/> B - Bark | <input type="checkbox"/> O - Orange Leaf |
| <input type="checkbox"/> C - Creek | <input type="checkbox"/> P - Pinecone |
| <input type="checkbox"/> D - Dew | <input type="checkbox"/> Q - Quick Animal |
| <input type="checkbox"/> E - Evergreen Tree | <input type="checkbox"/> R - Rock |
| <input type="checkbox"/> F - Flower | <input type="checkbox"/> S - Sunglasses |
| <input type="checkbox"/> G - Green Leaf | <input type="checkbox"/> T - Tree Stump |
| <input type="checkbox"/> H - Hat | <input type="checkbox"/> U - Unique Rock |
| <input type="checkbox"/> I - Insect in a Web | <input type="checkbox"/> V - "V" Shape in Tree |
| <input type="checkbox"/> J - Jug of Water | <input type="checkbox"/> W - Walking Stick |
| <input type="checkbox"/> K - Kindling | <input type="checkbox"/> X - X on the Map! |
| <input type="checkbox"/> L - Lady Bug | <input type="checkbox"/> Y - "Y" Shaped Stick |
| <input type="checkbox"/> M - Map | <input type="checkbox"/> Z - Zipper |

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Spending Time with the Family

Are your children and/or youth experiencing behavioral issues, dependency on technology, or showing signs of withdrawal? It may be time to look at how you can adjust or include more family time in your everyday life. The essence of family is to be there for each other and time spent with family plays an important role in our developmental process.

One of the most important benefits of spending time together is also one of the simplest: creating memories that will last a lifetime. Spending time together doesn't mean you have to spend money or go away on vacations. Spending time together can mean eating together, celebrating special occasions, game or movie night, doing chores as a family, ending the night with story time or going on a date, as a family, or taking your child and/or youth on a one-on-one date. Spending time with them will make them realize that you will always be there for them. They will feel safe and secure.

When you spend time together as a family talking about your day, it fosters communication. As parents, it gives you the chance to listen to your children, hear them out, learn about what is going on in their world. It also provides you with the opportunity to use life situations as teaching moments. Also... don't forget to tell your child and/or youth how proud you are of them.

Children appreciate appreciation from parents for even the tiniest of achievements. And there is no better time than the family time to inquire about their day and tell them how proud you are.

Even though it isn't always easy to find the time, finding the time is key to staying close and to providing and receiving love and support. There is no greater gift than the gift of time. That's what we all seem to be missing nowadays. So, in giving that gift consistently, everyone feels loved and appreciated.

Written by: Ellen Wookey



At the end of your life, you will never regret not having passed one more test, not winning one more verdict, or not closing one more deal. You will regret time not spent with a husband, a friend, a child, a parent.

- Barbra Bush

Upcoming City Events

Aug 5th: Eat Your Hart Out

Aug 5th-7th: Cariboo Rocks the North 2022

Aug 12th-13th: The Best Damn Music Festival

Aug 13th: Summerfest: Thrive Downtown

Aug 18th: Studio 2880 Night Market

Aug 20th: Summerfest: Shop Downtown

Aug 26th: Eat Your Hart Out

Hixon Falls

Looking for somewhere to go but is not too far? Hixon Falls is a 100 foot cascading waterfall with a great swimming hole located 40 minutes south of Prince George.

The 100' Hixon waterfall is accessed by a short and easy walk for all ages through a forest along the banks of the Hixon River which connects to a canyon and Hixon Falls. The canyon is home to chutes, river rapids, protective pools and swimming holes. Two of the three swimming holes are deep enough for a nice relaxing swim on a warm summer day.

Directions:

To get to Hixon Falls from Prince George BC, head South on Highway 97, for 40 minutes, until you get to the small town of Hixon. You will cross a bridge and then there will be a road a few hundred metres to the left named Hixon Creek Road with a sign saying "Hixon Falls and Hixon Chutes". Continue on that road, which turns into gravel, staying left the whole time for about 4km (2.4mi). The second parking area to the left is the parking area for Hixon Falls, the first one is for the Hixon Chutes. As long as you stay to the left all the way down the road you can't go to far since the road ends at the Hixon Falls trail head.



Photography By: Ellen Wookey

Welcome Nicole



Nicole Muxlow is the newest addition to the Children's Life Skills team with AiMHi. You can often find her exploring Northern BC, driving the backroads and spending quality time with her son and dogs. Nicole has a background in Social Service Work and Home Care. She comes from working the last 7 years as a Residental Care Worker with AiMHi.

You can reach Nicole at **250-564-6408 ext 285** or at nicole.muxlow@aimhi.ca

Resources Worth Checking Out

CTRI: Provides training (in-person and online), consulting, books, and free resources in the areas of trauma, mental health, counselling skills, and violence prevention.

Visit ca.ctrinstitute.com

ACHIEVE: Provides training (in-person and online), consulting, books, and free resources in the areas of leadership, workplace culture, conflict, and communication.

Visit ca.achievecentre.com

PGNFC: Prince George Native Friendship Center offers a variety of programs and services for the community from infant to elders. They are a non-profit, non-sectarian organization dedicated to servicing the needs of Aboriginal people residing in the urban area and improving the quality of life in the community as a whole.

Visit pgnfc.com



Tips and Tricks: Asking for Help



Those who are struggling
Often don't want to ask
for help.

Hard times hit all of us
at some point
Enjoy your good fortune
Let your fortune help
others

People helping people
makes this world a
better place!

Asking for help isn't just about what you say and do; it's also about what you don't say and do. People are hardwired to want to do things on their own and be independent-minded. Here are some steps to help you out in asking

Be clear with what you need help with:

Make it easy for others by being clear on what you need help with. What is not working? Often you will get a much more positive response if you ask for something concrete.

When you've got a problem, ask for help early on:

When you're in a tight spot, the sooner you open up about it and get help, the easier it will be. It's a bit like a volcano – don't wait until your catastrophe is spewing lava all over the place. When you talk to others about your problem earlier on, you have the chance to get help from others to turn the situation around before it gets bad.

Find your tribe:

Find a supportive environment where you can find others who have been in the same situation and can relate to what you are doing or going through. If you need a lot of help, going to several people for help instead of one will help you get more perspectives and it will allow for differing perspectives and outlooks.

Give a heart-felt thank you:

Share with others what it meant to you that they gave you their support. Just a simple note saying "Thank you so much for helping me with X. I was really feeling stressed about this earlier but now I have a much clearer strategy for what I'm going to do next" will do.

Upcoming Family and Children's Groups

Family Social Networking: Coffee Meet-Up
August 15th: 7pm – 8pm with Ellen @ AiMHi
RSVP family.support@aimhi.ca

Peer Group Focus: Financial Skills
(Lunch Purchasing)

Wednesdays 12:00-1:30pm (Ages 12 – 18) with Marisa @ Pine Center Mall Food Court

Peer Group Focus: Community Safety

Wednesdays 2:45pm-4:00pm (Ages 5 – 11) with Marisa @ YMCA Rec Room

Home Hygiene Group

Fridays 12:00-1:30pm with Fiona on Zoom

Summer Group: Pro-Social Skills

Fridays 2:00-3:30pm Kiwanis Bandshell Bowl @ Lheidli T'enneh Memorial Park

E-mail childrens.lifskills@aimhi.ca for more information and to sign-up.



Pizza Quesadillas

TheLazyDish.Com

- ✓ 1 large flour tortilla
- ✓ 1/3 cup cheese
- ✓ 8 pepperoni slices
- ✓ 1/2 tsp Italian seasoning
- ✓ 1/4 tsp garlic powder
- ✓ pizza sauce for dipping



TV Series and Movies Ft. Disabilities

TV Series

The Healing Powers of Dude

This family-friendly series revolves around an 11-year-old boy navigating public school for the first time alongside his emotional support dog, Dude, who helps Noah manage his social anxiety disorder.

Atypical

This coming-of-age series follows Sam Gardner, a teenager on the autism spectrum who decides that he's ready to shake off his doting parents and gain some independence — especially in his love life.

Young Sheldon

The series follows Sheldon Cooper attending high school in the fictional town of Medford, Texas. As a nine-year-old boy attending high school, he tries to fit into a world full of more socially normal people, including his own family and friends, who do not quite understand how to deal with his unique intellectual capabilities and social ineptitude.

The Good Doctor

The series follows Shaun Murphy, a young autistic surgeon with savant syndrome from the small city of Casper, Wyoming, where he had a troubled past. He relocates to San Jose, California, to work at the prestigious San Jose St. Bonaventure Hospital.

Movies

The Peanut Butter Falcon

Zak, a boy with Down syndrome who has no family and lives in a senior facility escapes to pursue his dream of becoming a wrestler.

Wonder

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial difference who enters the fifth grade, attending a mainstream elementary school for the first time.

The Fundamentals of Caring

The Fundamentals of Caring is a Netflix Original film that tells the story of Ben, who encounters a personal tragedy and becomes a carer for 18-year-old Trevor, who has Duchenne muscular dystrophy. The two of them embark on a road trip together across America, in which their perspectives on life are changed and they begin to understand the importance of hope and friendship.