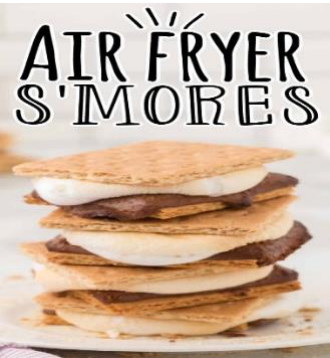




Family and Children's Newsletter

Welcome May 2023 Created and written by Maureen Hoff



Air Fryer S'mores

INGREDIENTS

- 4 graham crackers (each broken in half to make 2 squares, for a total of 8 squares)
- 4 marshmallows
- 8 squares Hershey's chocolate bar broken into individual squares

INSTRUCTIONS

Follow our steps carefully. Air fryers use hot, circulating air to cook food. Marshmallows are light and fluffy and if you follow these steps, it will prevent the marshmallows from flying around the basket.

Place 4 graham cracker squares on air fryer basket.



Place 2 chocolate bar squares on each cracker.



Pg2

Place basket in air fryer and air fry for 1 minute at 390 F. This is just long enough to melt the chocolate. Remove air fryer basket from fryer.

Top each cracker with a marshmallow. Push the marshmallow down into the melted chocolate a little bit. This will help anchor the marshmallow to the chocolate!

Place basket back into the air fryer and air fry for 2 minutes at 390 F. (The marshmallows should be puffed up and starting to brown on the tops.)

Use tongs to remove each cracker carefully from the air fryer basket and put them on a plate. Top each marshmallow with a second graham cracker square!

Enjoy immediately!

Spring Self-Care Tips

The hot weather is here:

Don't forget the sunblock, a hat, water for hydration, and dress accordingly. Stay in the shade when you can. Bring an umbrella, if you have one. Hydrate, hydrate, hydrate. Don't be shy, ask a stranger if they would like you to lend them sunblock for their child or self.

If you can put in your vehicle an **emergency kit** with sunblock, water x 4 bottle's, blanket, first aid kit and umbrella. If you have an extra cell charger, air pump have it in their too, and a light coat or hoody. All these items can help in case of a vehicle break down or a spontaneous change of plans.

If you have young children please remember the hat and sunblock.

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I would like to introduce you to a newer member of our Children's Life Skills Staff Chris Bettger. You can often find him around Aimhi teaching children life skills. On the weekend he runs off to his home in Penny, BC to fix it up and have it ready for when he retires. Chris has been working in the Social Services field since the 1990's. Sorry, no picture as he is very shy.

Some worthy links to check out. These maybe sensitive materials to some parents so only watch or read these articles at your discretion.

[TogetherBC: British Columbia's Poverty Reduction Strategy \(gov.bc.ca\)](http://gov.bc.ca)

[Preventing Child Sexual Exploitation | The Children's Society \(childrenssociety.org.uk\)](http://childrenssociety.org.uk)

[How to Help Your Special Needs Child Make Friends and Keep Them \(specialedresource.com\)](http://specialedresource.com)

[circles program autism - Search \(bing.com\)](http://bing.com)

[Ten Things Every Child with Autism Wishes You Knew: Updated and Expanded Edition: Notbohm, Ellen, Zysk, Veronica: 8601404289996: Books - Amazon.ca](http://amazon.ca)

[pecs pictures - Search \(bing.com\)](http://bing.com)

[Youth Services - YMCA of Northern BC](http://ymca.ca) - **Foundary**

Summer and May long weekend Camps

[Special Needs Camps in British Columbia - MySummerCamps](http://mysummercamps.com)

[Prince George Day Camps - Pivot Point Family Growth Centre Inc.](http://pivotpoint.ca)

[CAMPS | Zajac Ranch for Children](http://zajac.com)

[Camp Kanannaq - YMCA of Northern BC](http://ymca.ca)

[Outdoor Education - YMCA of Northern BC](http://ymca.ca)

Shows from the past that help children now

[mr. dressup tv - Search \(bing.com\)](http://bing.com)

Camping around Prince George.... May long weekend is May 20-22/ 2023 Have fun and stay safe.

Blue Cedars RV Park and Campground

bluecedarsrvpark.com

[4433 Kimball Rd, Prince George BC V2N 5N7](#) · ~8.3 km

[\(888\) 964-7271](#)

Open · Closes 11:59 p.m.

[49 Tripadvisor reviews](#)

[Add photos](#)

- [Website](#)
- [Directions](#)
- [Book online](#)

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Salmon Valley Campground

salmonvalleycampground.com

[3865 Salmon Valley Rd, Prince George BC V2K 5X3](#) · ~36.5 km

[\(250\) 971-2223](#)

39 Tripadvisor reviews

[Add hours](#)

[Add photos](#)

- [Website](#)
- [Directions](#)
- [Book online](#)
- [Contact us](#)

Northern Experience RV

www.northernexperiencerv.com

[9180 Cariboo Hwy, Prince George BC V2N 6E2](#) · ~11.8 km

[\(250\) 963-7577](#)

Open · Closes 8 p.m.

26 Tripadvisor reviews

[Add photos](#)

- [Website](#)
- [Directions](#)

[Suggest an edit](#) · [Manage this business](#)

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West Lake Campground and RV Park

westlakecampground.com

19649 Blackwater Rd, Prince George BC V2N 6S3 · ~4.6 km

(250) 301-0313

Open · Closes 8 p.m.

Congratulations to our lovely Marisa Shamroukh who will be having a new addition this October to her family

