



November 2020 Newsletter



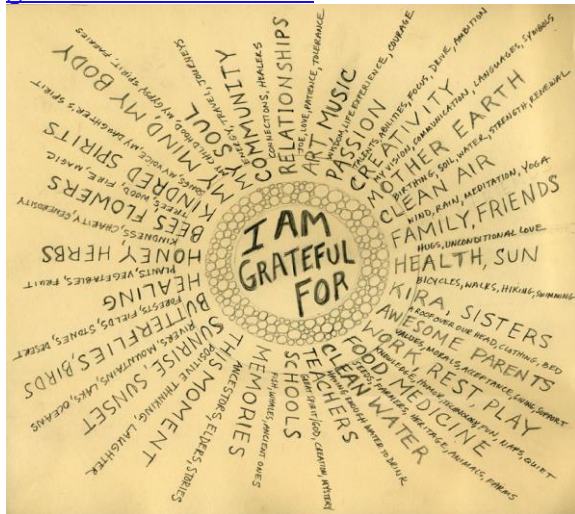
Leelanau Office
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Gratitude

As we enter in to the darker, colder months, it's important that we take care of ourselves. One way of doing this is to express gratitude for the life that we have. Expressing gratitude has been shown to improve mental health, as well as physical health. It can be as simple as being grateful for your hot shower, the roof over your head, your coffee, or the breath you breathe. Give it a try using this Gratitude Challenge:

<http://www.gratitudechallenge.com/downloads/gratitude-calendar.pdf>

For more info check out:
<https://www.morningsidecenter.org/teachable-moment/lessons/self-tip-practice-gratitude-form-self-care>



By the way, we are grateful for YOU! Thank you for your continued support. We feel so blessed to have so many wonderful people in our community.

Knowledge of Parenting & Child Development

As parents, we are our children's first teacher, and no one knows our kids better than we do! However, we are not experts, and no two children are alike. It is our responsibility to support the physical, cognitive, language, and social-emotional development of our children. Knowledge of parenting and child development continues to change over time, and it is important that we stay current to provide the best care for our children. The more we know, the more we are likely to engage in positive parenting practices, which leads to the success of our children.



Children go through many stages of development. Informed parents are more likely to have realistic expectations, provide appropriate guidance, and build a positive relationship with their child.



We are entering flu season, have you received your vaccine? You can get a flu shot or the nasal spray option! Contact us at the health department or visit your local pharmacy to schedule your appointment today!



Find us on Facebook @PLeelanau



Let's do our part and continue protecting each other by wearing our masks. And remember, for the best protection cover both your nose and your mouth.



Parenting Communities Calendar



November 2020

National Native American Heritage Month & Gratitude Month

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 Check out your local library for hours and upcoming events!	2 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	3	4 Leelanau Laundry Project 8-11:45am (last wash 10:30)	5	6	7 Indoor Farmers Market @ The Village Commons 10-2
8	9 Parenting Communities Playgroup @ SB Friendship Center 10-10:45 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	10	11	12	13 Parenting Communities Playgroup @ New Moon Yoga Studio in Greilickville 1-2	14 Indoor Farmers Market @ The Village Commons 10-2
15	16 Parenting Communities Playgroup @ SB Friendship Center 10-10:45 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	17 OTP Presents: The Thanksgiving Play; A Virtual Staged Reading 7-9pm (for parents to enjoy!)	18 Leelanau Laundry Project 8-11:45am (last wash 10:30)	19	20 Parenting Communities Playgroup @ New Moon Yoga Studio in Greilickville 1-2	21 Indoor Farmers Market @ The Village Commons 10-2
22 NO PLAY GROUP THIS WEEK	23 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	23	25	26 	27	28 Indoor Farmers Market @ The Village Commons 10-2
29	30 Parenting Communities Playgroup @ SB Friendship Center 10-10:45 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	1	2	3	4 Parenting Communities Playgroup @ New Moon Yoga Studio in Greilickville 1-2	5 Indoor Farmers Market @ The Village Commons 10-2

Helpful Phone Numbers/Links

Benzie-Leelanau District Health Dept. (231)256-0200
 Community Connections 1-833-674-2159
 LCN 7322 E. Duck Lk Rd.: (231) 994-2271
 NMHSI Medical/Dental: 947-0351

Parenting Communities Community Health Workers:

Hollie Anderson (231)357-5777
 Kathy Bartell (231)357-5443
<https://www.facebook.com/PCLeelanau/>

GRATITUDE scavenger hunt

SOMETHING I'M GRATEFUL FOR.....

1. in nature
2. that makes a beautiful sound
3. that tastes good
4. that smells amazing
5. that has been hard for me
6. that I would like to share with others
7. that is older than me
8. that I recently discovered or learned
9. that shows a vibrant color
10. that has words on it
11. that makes me feel strong
12. that makes me laugh
13. that makes me cry
14. that represents my country or culture
15. that is someone I love (outside of my group)

