

You are receiving this email because you have previously supported South Suburban Family Shelter and our work to end domestic violence. If you would like to unsubscribe you may do so at the bottom. We hope you stay and stand with us to see a world free from violence.



From the Desk of your Friendly Neighborhood Executive Director



First off, I want to remind you all that we are currently in "False Fall", so don't break out

all your sweaters just yet!

My son started 6th grade this year. This is the very age group that I used to do prevention groups with when I first started in this work. It is a time when I feel like I just might know what I am doing as a parent! He has already started talking to me about the crushes he has and how hard it is to talk to them.

Early on in my relationship with him, I made a pledge to always listen without judgement when he talks. This has helped us keep open communication, and I feel blessed that he still wants to tell me everything. Over the years, I have been able to sprinkle in lessons on healthy relationships, consent, and respect. And guess what – THEY STUCK! It is gratifying to see all the information I share as an anti-violence educator in real life.



In preparing for this life transition, I was so concerned about how my son would adapt from elementary to middle school. He doesn't usually do well with change (who does?!) and this was a HUGE change. New school, new grading system, new kids, switching classes; you name it, practically everything is new. This has been a lesson in trusting and letting go. He will sink or swim, but his parents will be there to intervene whenever necessary.

So far, he is swimming, and it is a joy to watch. I am having so much fun with this stage of parenting. As fall approaches over the next few months, we will be reminded of the beauty of letting go. The leaves will turn and fall, the plants will go to seed. And the stage begins to be set for a beautiful spring 6 months from now. All we have to do is trust that nature knows what it's doing.

In Peace,

Jennifer

## Back to School

by Celeste Angulo, Community Educator

“

A new school year means new beginnings, new adventures, new friendships, and new challenges. The slate is clean and anything can happen.”

DENISE WITMER

Parents

The start of a new school year after a long break or attending a program for the first time, means lots of changes. It’s a bittersweet moment for us as parents. We are excited for our children’s learning and growth, but also concerned that our children will have to use skills that haven’t been used in months. Teachers, parents, and programs can help children by planning the transition, making strong connections, and establishing new routines. With the right support, children can adjust, make new friends, learn new things, and thrive. Below are some of the challenges that families may face and tips on how to tackle them.

Challenges	Tips
<p><b>Structure:</b> Any change to their routine can be disruptive. Some things may be harder than others, but after some time, they will adjust.</p>	<p>Create a daily structure and routine to help children learn what to expect, and learn about your child’s daily routine at school. Some examples of structured and routine activities are storytime, bedtime, and family dinner</p>
<p><b>Bed Time:</b> Children may not be thrilled about going to bed earlier.</p>	<p>Make it special! A pre-bedtime activity like reading, singing lullabies, playing music, or talking about your day can make bedtime something to look forward to. If there are multiple kids in the household, try to make bedtime a one-on-one experience.</p>

<p><b>Communication:</b> Communication is key.</p>	<p>Assessing how your child feels is key. Keep the talk brief and open-ended. Examples:</p> <ul style="list-style-type: none"> <li>• “How was your day?”</li> <li>• “What was your favorite part of the day?”</li> <li>• “What do you think of when you think about school?”</li> <li>• Always validate their feelings.</li> </ul>
<p><b>Separation Anxiety:</b> Being apart can be stressful for both the parent and the child.</p>	<p>Remember to normalize worries and offer tools they can use to cope. Model regulating your own anxiety by practicing mindfulness exercises; this will help your child develop healthy coping skills.</p> <ul style="list-style-type: none"> <li>• Talk with teachers about the best way to separate from your child at the start of the day—brief goodbyes are often best.</li> <li>• Get to know your child’s teacher. It’s often easier for young children to make the transition if they have spent some time with their parents and the new person together.</li> </ul>
<p><b>Socializing:</b> Some kids will be excited to see other kids, others may be apprehensive.</p>	<p>Practice making introductions. This can be as simple as "Hi, I'm [name]" or "Hey, want to play with me?"</p> <p>Reach out to parents of other classmates and see if you can arrange a playdate or a breakfast or lunch in the park.</p>
<p><b>COVID-19:</b> Changes in prevention strategies can mean changes in routines for children. Transitioning in a time of extra stress is extra hard. Being around masked faces may make it difficult for your child to</p>	<p>Parents may need to put more effort into expressing confidence and security with words and body language in addition to facial expressions.</p>

communicate.

**When to get help:**

Keep in mind that if your child likes being alone, it may simply be because they enjoy being on their own. Like adults, some kids thrive on alone time, and that's healthy. It's when they're too afraid to interact with others that you should intervene. Try talking to the teacher about involving them in group activities in class, talking to your school social worker, or seeing a therapist.

**Parents with continued concerns can:**

- Practice self-care during stressful times so they can be better prepared to take care of others.
- Find resources to learn how to promote resilience and reduce anxiety in their children. [\[Link\]](#)
- Talk to a healthcare professional if their child's symptoms of anxiety or behavior problems are severe or persistent.

## Board Member Spotlight

an interview with Board President, Rev. Jeffery Smith



Next month, Anew: Building Beyond Violence and Abuse will celebrate our 42nd Anniversary of serving families in which domestic violence exists. For almost three years, Rev. Jeffery Smith has served as the agency's Board President. Rev. Smith is a resident of Flossmoor and a Pastor of a church in Harvey, and he has a great commitment to the southland. Our Development and Communications Director, Kris Scott recently interviewed Rev. Smith as he reflects on the present and future of the agency.

**Kris Scott:** As President for the past few years, what would you say is your proudest

moment so far in leading the organization?

**Rev. Smith:** I think the proudest moment so far has been the rebranding of the organization. It represented, what I would call, a relevant transformation for the future of the agency. It was a critical transformation.

I will also add, it has helped with our ability to fundraise for both private and public grants. I feel particularly good about these shifts in direction, because it is moving us up into a place where the agency can be sustained for years to come.

**Kris Scott:** If someone were to ask you why it is important to have an organization like Anew specifically in the south suburbs, what would you tell them?

**Rev. Smith:** As a minister, my role aligns with Anew's mission of helping people-- particularly helping people in some of the most critical and life determining moments that they will ever face. Many survivors reach a point where their situation is truly a life-or-death situation. Domestic violence is traumatic, and that is why it is important to have an organization like Anew in the south suburbs.

We know that domestic violence affects all spectrums of life and knows no boundaries, regardless of age, gender, socioeconomic status, or race. The south suburbs have some communities that are economically depressed and underserved which makes it critically important to have an agency like Anew in the Southland. It is important that there are agencies and advocates serving as critical resources and support in times of need. This is our role.

**Kris Scott:** As we prepare to celebrate our 42nd anniversary, what are some of your hopes for the organization's future?

**Rev. Smith:** My hope is that Anew will become a household name. When people think about Anew, they will know exactly what we do and the services we provide. When they think of Anew, they will imagine a new start in life and a chance to have a better life for themselves and for their families. My hope for the future is we will receive an increase of private support from foundations and individuals who will see that the issue of ending domestic violence is important, and that they will be drawn to this effort. I want people to be champions for ending domestic abuse. I want our name to be common in the community. A place where people know who we are, and they support us. To the moon and back!

**2022 Sneaker Ball -- It's Almost Time!**



KEEPING DREAMS ALIVE



**There are only three more weeks to get your tickets, grab yours today before they sell out!**

**What to Expect:**

- **Live Music - Provided by I'm with Frank**
- **Dancing - Show us what your shoes can do!**
- **SNEAKER Contest - Think you have the best shoes? Then-- Prove it! Prizes available!**
- **Silent Auction & Raffle - A large assortment of items, there's sure to be something you love!**

...And more!!!

Grab your kicks and join us in-person for Anew's Keeping Dreams Alive Sneaker Ball, benefitting those impacted by domestic violence.

- \$75 per person, with varying donation levels available
- Cocktail attire and sneakers
- Event MC'd by ABC-7's Val Warner
- Live music provided by "I'm With Frank"
- Silent auction, games, and raffles

The Sneaker Ball will have a Sneaker Contest! Will your shoes be the winner? Three prizes available-- three chances to win! You'll have to be there to witness and enter this contest, don't miss out!

Grab your tickets today, [here](#).

Visit our [Facebook Event Page](#) for updates.



## Positions for Hire

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### Full-Time

- Bilingual Children's Counselor
- Community Outreach Specialist
- Court Advocate
- Government Grants Manager \*\*\*NEW\*\*\*
- Partner Abuse Intervention Program (PAIP) Assistant
- Safe From the Start (SFS) Project Coordinator

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To learn more about what each job entails, visit  
<https://anewdv.org/job-opportunities/>



There are several positions available to start your Anew Career. Find information on them all [HERE](#), and apply today!

Full time positions are 35-40 hours/week, and are eligible for medical, dental, vision, short-term disability, long-term disability, flexible spending account and our 403(b) Plan. In addition, this position is eligible to participate in our Aflac plans and receive paid time off (PTO) and 14 holidays per year.

If you are interested in applying for any of these positions, please email your resume to [careers@anewdv.org](mailto:careers@anewdv.org).



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