

Kittery

School District

Truth & Knowledge

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October 13, 2020

Dear families...

I know firsthand the emotional challenges that the pandemic has introduced to families of school-age children. The Kittery School District is pleased to partner with the Choose To Be Healthy Coalition to offer support to families through an upcoming Parent Check-in. **The flyer is attached.**

We understand the mental health toll this pandemic has taken on our parents and other caring adults. We would like to help you have a moment to acknowledge this, and to transition with HOPE to our new creative future. **Psychological First Aid** is designed to reduce distress caused by potentially traumatic events and to foster functioning and coping. This model and its communication tools are useful during any stressful time.

I encourage you to join in! The virtual event is set for **Thursday, October 22, from 6:00 to 7:30 PM.** For more information, contact Sally Manninen at 207-351-2655 or smanninen@yorkhospital.com

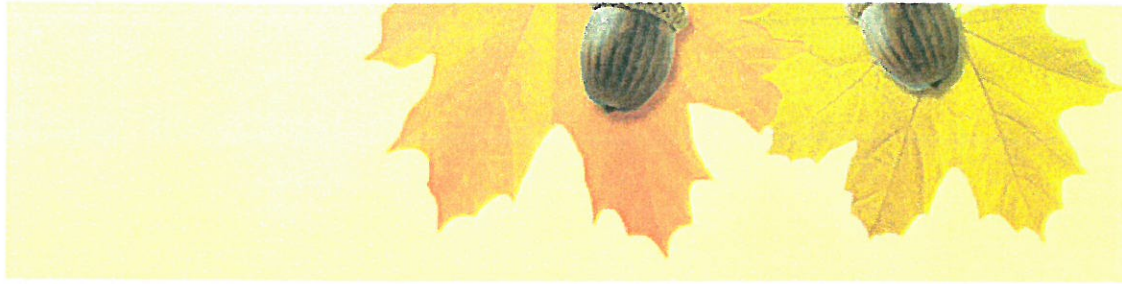
Register now by clicking [here](#).

Have a great week!

Sincerely,



Eric Waddell
Superintendent of Schools



Fall Check In for Parents and Other Caring Adults

When

Thursday, October 22, 2020 from
6:00 PM to 7:30 PM EDT
[Add to Calendar](#)

Where

This is an online event.

Staying Connected With Our Kids... Using the Principles of "Psychological First Aid**"

Join a licensed mental health counselor and CTBH staff for an interactive discussion on how to talk to our children in a way that is interactive and mindful of our skills.

Through this presentation and discussion we will:

- Learn to utilize reflective listening strategies that will help acknowledge what is on the mind of your child while encouraging a meaningful discussion.
- We will reflect on how our *own* language and expectations may enhance or hinder even our simple every day discussions.
- We will share tools and resources to help with children, grandchildren or other youth you care about.

Please come and bring your thoughts, questions and your own strategies as we encourage a dialogue about **DIALOGUE!**

* PFA is designed to reduce distress caused by potentially traumatic events and to foster short- and long-term functioning and coping. This model and the communication tools that are part of it are used by our local schools and are useful during *any* stressful times.

RSVP Now!

[I can't make it](#)

FMI, contact Sally Manninen at 351-2655 or smanninen@yorkhospital.com.

Sincerely,

CTBH Staff and Margaret Norbert, MSW, LCSW, LICSW

Choose To Be Healthy Coalition, Community Health , York Hospital,
15 Hospital Drive, York, ME 03909

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