



# Youth Resiliency Committee

A Sub-Committee of the Los Alamos County Health Council

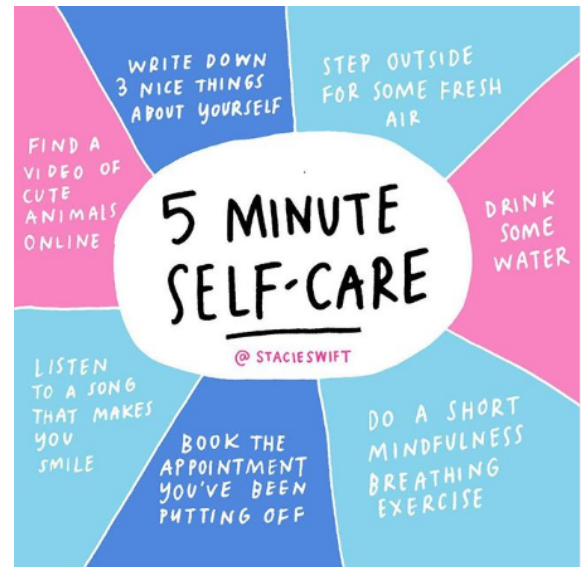
COLLABORATING TO BUILD  
AN ENGAGED, CONNECTED, AND THRIVING COMMUNITY

SEPTEMBER 2020

**Our Vision:** We envision a community where all youth are connected, engaged, and resilient.

**Our Mission:** We support youth and family well-being by bringing awareness to strengths and challenges; connecting people, ideas, and resources; and promoting services and activities in our local and neighboring communities.

We are a network of community partners who meet once a month to support one another and share collaborative projects, activities for youth and families, as well as community services and resources. For more information call 505-663-2263 or email [k.coblentz@laschools.net](mailto:k.coblentz@laschools.net). Previous editions of the newsletter can be found [here](#).



## MORE THAN A SPA DAY - WEAVING SELF CARE INTO YOUR DAILY ROUTINE

Look all around and you can see expressions of fear, overwhelm, and exhaustion. You may be tempted to think there is no time, energy, or space for self-care at a moment like this. There is, however, potentially no better nor a more critical time to pause and reconsider this point of view.

A regular self-care routine helps us fill our cups so that we can be present for the young people we are raising or mentoring, more fully savor the positives of day to day life, and more gracefully weather its inevitable challenges. Self-care can take many forms, can involve giving to ourselves and to our communities, and does not have to cost money. Self-care is sustainable if cultivated as a habit rather than a special treat. Find more ideas in this [article](#).

## AT HOME IN LOS ALAMOS

This [Facebook page](#) was created as a resource for Los Alamos families to find activities during the COVID-19 restrictions. Check out Librarian Tips, story time videos, and more!

## LIBRARY ACCESS

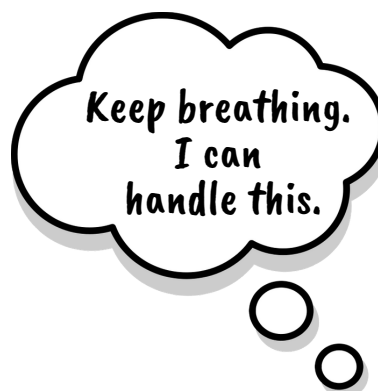
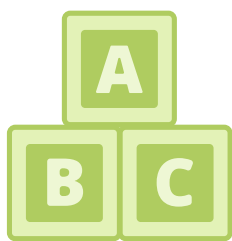
LAPS students can sign up for a temporary [Mesa Public Library](#) card that will allow them to access all the amazing ebooks, audiobooks, databases and up to 4 printed books. The cards are good for 3 months or until the library reopens.

Parents can call 662-8250, Monday - Friday 1 pm - 6 pm to get started. In the meantime, all LAPS students and teachers have access to the digital titles via Sora OverDrive without a library card. Log onto Sora in District Apps via Clever to add Mesa Public Library to your account. For more information, contact LAPS Librarians Beverly Nelson at [be.nelson@laschools.net](mailto:be.nelson@laschools.net) and Shannon Seitz at [s.seitz@laschools.net](mailto:s.seitz@laschools.net)



## JJAB ONE CIRCLE Groups Forming!

Opportunities for children and youth to develop positive communication skills, explore what it means to be a friend, and cultivate respect for oneself, others, and our community. Sign up soon on the JJAB [website](#).



## Community Resource Highlight

### Family Strengths Network Resource Libraries

FSN maintains three libraries to support the community and they're currently open for item check-out Thursdays through Saturdays from 9 am - noon. The Beth Ladino Family Resource Library houses hundreds of books on a variety of subjects from marriage and relationships, to trauma and special needs, as well as cooking and parenting through all ages and stages and includes a children's resource section covering topics like manners, new siblings, divorce, and getting a new pet. The Toy Lending Library is home to hundreds of games and toys that promote social and motor development, critical thinking, problem solving, teamwork, working memory, and even self-regulation. FSN is excited to introduce a new Educational Resource Library which contains a variety of books, models and manipulatives, and a spectrum of subject curriculum. This library has plenty of room to grow and as with all of the resource libraries, if you have ideas for additions or would like to donate, please contact FSN at [fsn@lafsn.org](mailto:fsn@lafsn.org) or 505.662.4515.

### Tip of the Month

Take a moment to do a self-care inventory:  
 What am I doing on a regular basis to manage my own stress and/or anxiety?  
 How am I caring for my emotional life?  
 How am I caring for my mind, body, and spirit?  
 Is there a negative coping strategy that I could replace with a healthy habit?  
 Is there someone who could support me to make these changes?  
 What system can I use to track and celebrate my successes?

### Peaceful Parent Mantras

Learning to regulate our own emotions and fostering emotional connections with our children are the first steps toward more peaceful, happier parenting.

The sayings below, from Dr. Laura Markham's book **Peaceful Parent, Happy Kids**, can help keep you on track.

1. I can be the calm. Stop, drop, and breathe.
2. They're doing the best they can.
3. I can welcome all feelings.
4. I don't have to be perfect.
5. They're not giving me a hard time, they're having a hard time.
6. Difficult days need extra love.
7. I can pause to connect before correcting, coach instead of controlling.

If you'd like to join a Peaceful Parent book discussion group, please contact LAPS Prevention Support Specialist Brandi Seekins at [b.seekins@laschools.net](mailto:b.seekins@laschools.net) to sign up!



"Sometimes our light goes out but is blown again into flame by an encounter with another human being."

- Albert Schweitzer