

NOVEMBER 2020

The CC Connection

MENTAL HEALTH NEWSLETTER

This month...

✦ **Military Family Month**- Dedicated to acknowledging the commitment and sacrifices made by military families. Check out **Sesame Street for Military Families** for multimedia tools for children and families on *deployment, homecoming, transitions, loss, and more!*

✦ **World Kindness Day is November 13th!**
Watch **here** and talk with your child about the ripple effects of being kind!

Exciting news!

This month we will be starting **Second Step!** A social emotional learning (SEL) curriculum for all students in grades K-5!

Second Step helps build your child's social emotional skills in the areas of

- *skills for learning*
- *empathy*
- *emotion management*
- *problems solving*

Lessons this month will include **following directions, being assertive, focusing, and respecting others.**

Groton Human Services will be distributing **GIFT CARDS** to families in need this Holiday season! Apply before **November 16th** for the Thanksgiving distribution and before **December 11th** for the Christmas distribution!

Distribution dates are: *November 17-19 & December 15-17*

Click Here

for information and application

Groton Human Services: 860-441-6760


Click here to learn more about the benefits of social-emotional learning!

