

JUST SAY
SOMETHING

Parenting NEWSLETTER

Parenting is the real deal...

Upcoming Parenting Class Schedule:

Parenting Wisely (English):

Feb 25th, March 4th, 11th, 18th, and 25th at 6-8pm

Back in Control (English):

March 10, 17, 24, 31, 2025 thru April 7 & 14 at 6-8pm

Triple P Seminar Series:

February 12th, 19th, 26th (parents with teens)
6-7:30pm

All programming available in Spanish as well

What's coming up?

Youth Impact Sports:

Basketball every

Wednesday evening @

6:30-7:30pm

Location: Mt. Pleasant

Community Center,

710 S Fairfield Rd,

Greenville SC



What parents are saying...

Parenting Wisely participant:

This class was a bit of an eye opener for me. The tools we learned will be able to help, and guide us all through out raising our kids. Self awareness was a thing for me. Especially raising boys, it's important for me to set an example and be a good leader. I can't teach them to conduct themselves one way and act another way. Breaking cycles is another big part of my plan. My mother raised me mostly on her own and she wasn't always stable. We moved around a lot and had to live with people sometimes, I feel like it would take a toll on me because I wasn't used to things being normal anymore. My goal is to save my children from some of the same traumas and struggles I went through.

New Extracurricular

Youth Impact Sports (YIS) is a FREE program for children aged 6 to 12. It offers flag football, basketball, soccer, and tournaments.

It provides a fun and athletic outlet while promoting character-building skills such as discipline, accountability, bullying prevention, substance prevention, and anger management. Participants receive team uniforms and meals.



Youth Impact Sports

Volunteer Opportunities:

- Serve food to our families participating in Strengthening families
- We will have 4 cycles happening this Spring 2025
- Reach out to Mally Mitchell or Kristin Seward for more details: mally@justsaysomethingsc.org / kristin@justsaysomethingsc.org

PARENTING TIP:

- Be a consistent parent - Rules and expectations are the same from one time to another
- Being consistent gives your child a sense of security. children of consistent parents experience less anxiety
- It takes a great deal of patience and determination to parent consistently, however watching your child develop into secure, responsible, and confident young adults is WELL WORTH IT!

Read more

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