

JUST SAY
SOMETHING

Parenting NEWSLETTER

Parenting is the real deal...

Upcoming Parenting Class Schedule:

Parenting Wisely (English):

June 3, 10, 17, 24, July 8 at 6-8pm & July 22, 29,
Aug 5, 12, 19 at 6-8pm

Back in Control (English):

May 5, 12, 19, 26, June 2 at 6-8pm & July 7, 14, 21,
28, Aug 4, 11 at 6-8pm

Triple P Seminar Series:

3 week sessions available for parents with children
ages birth-11 & parents with teens. Call to schedule
or register on our website and we will reach out!

Triple P Primary Care also available to schedule one
on one sessions to focus on specific challenges you
are facing. Call to schedule or visit our website!

All programing available in Spanish as well

What's coming up?

JSS Youth Summit

Location: Carolina High
School 2725 Anderson
Rd, Greenville 29611

Time & Date: July 22-23,
9am-3pm both days

Breakfast and Lunch
included! Check out our
flyer for more details and
to register!!

What parents are saying...



What one parent plans to implement at home
after going through our Back in Control class:
"Setting clear expectations - we will
communicate specific rules and expectations for
behavior in a way that is direct and non-
negotiable. By clearly defining what is
acceptable and unacceptable, we will eliminate
confusion and ensure that our child understands
the boundaries we have set. Enforcing
consistent consequences - to reinforce
discipline, we will implement fair and consistent
consequences for both positive and negative
behavior. If our child does not meet
expectations, consequences will be immediate
and appropriate. At the same time, we will
acknowledge and reward responsible behavior
to encourage continued progress."

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.

Soccer happening now until June 25th, meets every Wednesday from 6-8pm @ Upstate Circle of Friends
29 Ridgeway Dr, Greenville 29605

Flag Football starting July 23-30th 6-8pm @ Upstate Circle of Friends

Please visit our website to register!!



Youth Impact Sports

Volunteer Opportunities:

City GVL Resources Fair -

Saturday, 5/3

9:30-2:00pm

TD Saturday Market -

Saturday, 5/24

7:30am - 12:00pm

Pride Fest -

Saturday, 6/7

9:30am - 3:00pm

Mauldin Car Show -

Saturday, June 21st

8:30am - 2:00pm

Contact Nick Wolff for details on how you can help!

Nick@justsaysomethingsc.org

PARENTING TIP:

- **Be a Good Role Model:**
Children learn by observing, so demonstrating the behaviors and values you want them to have is crucial.
- **Set Realistic Expectations:**
Avoid comparing your child to others, and focus on their individual growth and development.
- **Praise and Reinforce Positive Behavior:**
Acknowledge and appreciate your child's good actions to encourage them.
- **Communicate Effectively:**
Listen actively to your children, express your feelings openly, and encourage them to do the same.

Read more

Justsaysomethingsc.org



FRESH VOICES. BOLD FUTURES.

THE OPPORTUNITY

Young people are growing up in a world where their voices are too often drowned out by digital noise, adult-driven narratives, and performative platforms.

The Take It Back! Youth Summit

is a bold two-day experience designed to empower teens to reclaim their voice, confidence, and leadership through creative expression, collaboration, and action.



Through art, music, writing, media, and more, teens will explore, express, and elevate their perspectives.



THE EXPERIENCE

Two Days, July 22-23, 2025

CAROLINA HIGH SCHOOL

2725 Anderson Rd, Greenville, SC 29611

9 am - 3 pm

THERE IS NO COST TO ATTEND



TO REGISTER:
<https://shorturl.at/QgZKA>

ANY QUESTIONS:
Nick Wolff Just Say Something
864-467-4099 nick@justsaysomethingsc.org

