

Feb-Apr

Parenting Quarterly Newsletter

Updates, Programing, Tips and more!

2025 Achievements by the numbers

- 150 parents completed Parenting Wisely, Back in Control and Transparenting programs.
- 117 English and Hispanic Families graduated from the Strengthening Families Program.
- 66 English and Hispanic parents completed Triple P Programming.

- 110 youth participated in Impact Sports
- 57 youth attended the Take It Back Youth summit



Parent from Back in control testimonial: "The class was super informative and helpful in giving parents tools they need to not only survive but create an environment for a child to thrive in the world today. I wish I had taken the class sooner. It would have made a huge difference in my parenting."

2026 Important dates & opportunities to grow

Parenting Wisely:
March 3rd-31st (Tuesdays 6-8pm)
Back in Control:
March 9th-April 13th (Mondays 6-8pm)

- Must register through website*

Triple P Seminar Series
(For parents with children birth-10):
Saturdays Feb 7th, 14th, 21st @ 9:30am
Triple P Spanish (Neighborhood focus)
Feb 19th
Triple P Baby (Spanish)
Year round

Upcoming Strengthening Families Programs!!



Strengthening Families Program



Building stronger family relationships



Lake Forest Elementary School
Starting February 10
 **5:00-7:30 PM**

Space is limited
Looking for:
interested families



WHAT WE PROVIDE

- Free Dinner
 - Free childcare
 - Weekly prizes
 - Fun family activities
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ORIENTATION NIGHT
February 3 at 5:00 PM
Food & Giveaways Provided
 **Lake Forest Elementary School**
Come meet the team, find out more and register!

For more information contact:
Kristin Seward
Kristin@justsaysomethingsc.org
call 864-776-5746



JUST SAY SOMETHING
conversations about drugs and alcohol



Children's Trust
OF SOUTH CAROLINA

Programa DE FORTALECIMIENTO DE FAMILIAS

JUST SAY
SOMETHING

conversations about drugs and alcohol

"Porque crecer juntos nos hace más fuertes"

Qué encontrarás en el programa?

Espacios de encuentro y diálogo.
Herramientas para una mejor comunicación;
Apoyo emocional en familia

¿Quiénes pueden participar?

Familias con hijos e hijas de 6 a 17 años que deseen crecer juntas. Madres, padres y cuidadores comprometidos con el aprendizaje compartido.

FEB 11, 2025

HORA: 5:00 PM

LUGAR : Monaview Elementary School

10 Monaview St Greenville

Para inscribirse y mayores informes, contactarse a **Yina Moscoso**

Teléfono : 864.631-4902



www.justsaysomethingsc.org





SFP Testimonials:

"Before taking this program, my home was chaos. I have five children and every morning was a complete disaster—fighting, yelling, crying. Since we started the program and began using routines, my children have changed, and I have changed. Seeing my home in peace and quiet is the best thing that has happened to me."



"I always thought I was a very strict mother, that my rules were too much for raising my children. But everything I have learned in this program confirms that routines and rules with love really work, and that without them my older children would not be who they are today."

Screen time and Kids:



What every caregiver should know



How screens affect development:

- **Brain changes:** attention and learning problems
- **Sensory Impact:** Less active, more sensitive
- **Social skills:** fewer conversations and play

Red flags of too much screen time

- Sleep problems
- Delayed speech
- Mood swings/melt downs

Healthy alternatives to screens

- **Get moving!** Obstacle courses and outdoor play
 - **Crafts and sensory bins**
 - **Read together!** Story time and songs
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