

August - October

Parenting Quarterly Newsletter

Updates, Programing, Tips and more!

Upcoming Strengthening Families Programs!

We'll be starting new groups in
early September at:
Legacy Elementary, Middle Tyger
Community Center, Lake Forest

*Legacy in English and Spanish,
other locations Spanish sessions
only*

**Currently recruiting families
with children ages 7-17 for all
locations!**

email for more details:
Kristin@justsaysomethingsc.org
for English
Mally@justsaysomethingsc.org
for Spanish

Parent from Parenting Wisely testimonial: "This program helped me reflect on my parenting and recognize patterns that came from my own childhood. It reminded me of the importance of truly listening to my children, understanding their emotions, and being actively involved in their daily lives. I also learned practical strategies to improve communication, manage stress, and continue building a home filled with love, respect, empathy, and discipline. I am very grateful to Just Say Something guiding us through this journey. This is a program that every family should have the opportunity to experience."

2026 Important dates & opportunities to grow

Parenting Wisely:

Sept 8th-Oct 6th(Tuesdays 6-8pm)

Back in Control:

Sept 7th-Oct 12th(Mondays 6-8pm)

- Must register through website*

Triple P Seminar Series

(For parents with children birth-10):

Aug 27th- Sept 17th (Thursdays 11am)

Triple P Spanish, Triple P Baby

Year round - Call to schedule



Impact Sports

"Soccer and Basketball coming this Fall, be on the lookout for more information on dates and locations!!

Back to School Tips:

What every caregiver should know

Re-establish Routines:

- Start adjusting bedtimes, wake-up times, and meal schedules. Consistent routines help children feel secure and improve focus during the school day.

Check In Every Day

Instead of asking, "How was school?" try questions like:

- What made you smile today?
- What was something challenging?
- Did you help someone or did someone help you?

~ Open-ended questions encourage meaningful conversations.

Create Healthy Screen-Time Habits

- Keep devices out of bedrooms at night and establish screen-free times during homework, meals, and family conversations. Healthy technology habits support better sleep, learning, and family connection.