

DECEMBER 2024

PARENTING COMMUNITIES

funded by the Leelanau County Early Childhood Millage

The Protective Factors: Social Connections

The Protective Factors are strengths all families have and can build upon that support resilient, thriving children and families. They are:

- Parental Resilience
- Nurturing & Attachment
- Concrete Support in Times of Need
- Knowledge of Parenting & Child Development
- Social & Emotional Competence of Children
- Social Connections

These factors help to reduce stress, enhance wellbeing, and support parent-child relationships which are foundational for healthy development in children. This month our focus is on **Social Connections**- We know that social connections are important for our mental health and wellness. Holidays are a great time to build those connections with your children, family, and friends.



As social beings, the desire for a sense of connection and need for community is not specific to the holidays. However, the holidays can heighten expectations or make unfulfilled expectations more impactful.

With anything worth having, it takes intentionality to make it happen. If you want to connect more with your loved ones this holiday season, you may need to adjust your lifestyle. This may require saying no to certain events you would have said yes to in the past. Instead of trying to jam in more, it's about taking things off your calendar.

Holiday family traditions are an awesome way to spend time as a family, create positive memories together, and build a sense of family identity and belonging in your child. You can also create new holiday traditions together. Your child may recognize that they're an important part of the family and contributing to rituals they're passionate about for future generations to enjoy.

Prioritize self-care. Whether it means taking walks, journaling, listening to music, or just having some "me time", take the time you need to recharge from social events and check-in with yourself.

Reach out for support. If you're struggling with your mental health this season: you're not alone, and you deserve support. Consider talking to someone in your support system or a mental health professional.



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PLEASE JOIN US FOR A

FAMILY HOLIDAY GATHERING

CRAFTS * SANTA * DINNER * COOKIES

WEDNESDAY, DECEMBER 11TH

4:30-6:30PM

THE LELAND LIBRARY
203 CEDAR ST. LELAND

RSVP HERE TO ATTEND



Check out our brand new Parenting Communities website!

www.ParentingCommunities.org

Blog

SEARCH

- Health & Wellness (5)
- Protective Factors (6)

The Protective Factors: Parental Resilience
The Protective Factors are strengths all families have and can build upon that support resilient, thriving children and families.

Fall Harvest Gathering
Last week we hosted our Fall Harvest Gathering and WOW, what a turn out! We had planned to host the event outside of the...

The Protective Factors: Social-Emotional Competence of Children
The Protective Factors are strengths all families may have and can build upon that support...

HOME COMMUNITY CALENDAR BLOG WHY DOES EARLY CHILDHOOD MATTER? PLAYGROUPS & EVENTS

HOME VISITING MEET THE TEAM RESOURCES

WE ARE HIRING! Interested in joining our team?

Community Calendar

November 2024

MON	TUE	WED	THU	FRI	SAT	SUN
28 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering	29 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering	30 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering	31 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering	1 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering	2 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering	3 10:00 am - 11:00 am PC Healthy Playgroup 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering 10:00 am - 11:00 am Fall Harvest Gathering
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With the focus on social connection this month, we thought it was the perfect opportunity to invite you to celebrate with us for the launch of our new website, with it's improved focus on bringing us all together! The primary reason we decided to make the switch was to enhance our ability to communicate with you about all the amazing opportunities for engagement that are available in our community. We will be populating this calendar not only with Parenting Communities' hosted events, but also other events, such as library story times, and community resources, such as the Laundry Project and the food and baby pantries at Leelanau Christian Neighbors. If you know of other things happening in Leelanau County that you think families with young children would like to attend, please let us know! Shoot us an email to parentingcommunitieslc@bldhd.org

We heard you saying that not all of you have Facebook, so information posted there about our playgroups may not reach you. Fixed! Subscribe to our community calendar on the new website, and changes made by us to the event calendar will automatically update for you.

One more feature that we love already, and are looking forward to spending some time on to make it great: a blog! Stay tuned for articles from past newsletters, event photos and descriptions, and more!



Leelanau Holiday Program 2024 Leelanau Programa de Navidad 2024

(VFW Holiday Program)

If you/ Si usted

Need help with gifts this holiday season for your children?

Necessitan ayuda con regalos para Navidad

Are receiving assistance from a social services agency?

Reciban ayuda de una agencia social de servicios
(DHS, WIC, Social Security...)*

Please register with (Registre por favor con) Audrey at

**Leelanau Christian Neighbors
7322 E Duck Lake Rd, Lake Leelanau**

Monday November 25 - 2:00pm – 5:30pm

Monday December 2 - 2:00pm – 5:30pm

Monday December 9 - 2:00pm – 5:30pm

Monday December 16 - 2:00pm – 5:30pm

To register you **MUST have a form of ID- State ID OR Birth Certificate OR Social Security card...etc for ALL family members*

You **Must** register to receive gifts!

**Registrarle debe tener forma de identificación- el Estado identificación, la Acta de nacimiento... para TODOS los miembros de la familia Y demostrar ayuda (traiga La Tarjeta de Puente, la impresión del contenido de la memoria de beneficios...)*

***DEBE REGISTRAR para recibir regalos**

The program will take place, December 18
at the VFW Hall in Lake Leelanau

Questions? Preguntas? Audrey 231-883-2244





PARENTING COMMUNITIES

DECEMBER/DICIEMBRE 2024 EVENTS!

Parenting Communities, funded by the Leelanau Early Childhood Millage through the Benzie-Leelanau District Health Department, is a program that welcomes and includes all Leelanau Families with children ages 0-6. We sincerely appreciate the local community organizations who share their spaces with us, while we continue our program's vision of helping us all be the parents we dream of being.

Todas las familias del Condado de Leelanau con niños de 0 a 6 años son bienvenidas



PLAYGROUPS / GRUPO DE JUEGO

Play, learn, and grow together

MONDAYS/LUNES

NEW LOCATION
LELAND PUBLIC SCHOOL
- MUSIC ROOM
PARK IN THE CIRCLE BEHIND THE SCHOOL BY THE SWINGS, AND ENTER THROUGH THE DOOR NEAR THE PLAYGROUND

DEC 2, 9, 16
10AM-11AM

TUESDAYS/MARTES

GLEN LAKE COMMUNITY REFORMED CHURCH

DEC 3, 10, 17
10-11AM

WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL

DEC 4, 11, 18
10-11AM

THURSDAYS/JUEVES

KESWICK UNITED METHODIST CHURCH

DEC 5, 12, 19
10-11AM

NO PLAYGROUPS THE WEEK OF CHRISTMAS & NEW YEARS

NO GRUPOS DE JUEGO EN LA SEMANA DE NAVIDAD Y AÑO NUEVO

COMMUNITY GATHERINGS / REUNIONES COMUNITARIAS

PLEASE JOIN US FOR A

FAMILY HOLIDAY GATHERING

CRAFTS * SANTA * DINNER * COOKIES

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203 CEDAR ST. LELAND

RSVP HERE TO ATTEND



Families Together (Familias Unidas)

a monthly gathering for families and those interested in the early childhood years to share and explore topics related to early childhood development, parenting, and our collective well-being

Third Monday of the month started November 18th

You can still join! Tercer lunes del mes
5:15-7:00pm

Glen Lake Community Reformed Church
4902 W MacFarlane Rd., Glen Arbor

Bring your kids!
Dinner provided & supervised playgroup offered while grown-ups discuss the topic of the evening

Reunión mensual para que las familias exploren temas relacionados con la primera infancia, la crianza de los hijos y nuestro bienestar colectivo. ¡Trae a tus hijos! Se ofrece cena y se ofrece un grupo de juego supervisado mientras los adultos discuten el tema de la noche



Dentro del nuestro equipo contamos con personas hispano-hablantes que estarán con ustedes durante todo los eventos. Puedes comunicarte con Adri al 231-882-6136



7401 E Duck Lake Rd., Ste. 100, Lake Leelanau



(231) 256-0227



parentingcommunitieslc@bldhd.org



www.bldhd.org/parenting-communities



@PCLeelanau



@parentingcommunities

