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Welcome to our April Newsletter



Welcome!

Our monthly newsletters are intended to inform YOU, as a valuable member of the Project SUN Network. We want to encourage you and equip you to help others to become involved in our efforts to help children flourish.

This month we are pleased to share:

Lets Talk: Breaking the Silence on Self-Love

APRIL 14, 2021 | 6:30 - 8:30 PM

Let's Talk: Breaking the Silence on Self-Love

This free, online event for young adults in Kankakee County, ages 16-20, will take place **Wednesday**, April 14, from 6:30 - 8:30 PM. Youth participants will learn from local professionals and discuss the importance of self-love, self-care, and nurturing your physical, mental, and emotional health.

Young Adults - Register Here!

Featuring speakers from:



Addressing Youth Alcohol and Substance Abuse and Misuse

April Parent Café

Did you know that April is Alcohol Awareness Month? Join us for our upcoming Parent Café webinar, "[Addressing Youth Alcohol and Substance Abuse and Misuse](#)" this Thursday, April 15, from 5:30 - 7:00 PM. Speakers will discuss strategies that can help parents and caregivers prevent and respond to youth alcohol and substance abuse and misuse.

This topic is a key element of youth mental health. Research has found that about **half of individuals who experience a substance use disorder** during their lives will also **experience a co-occurring mental disorder** and vice versa. - [nimh.nih.gov](https://www.nimh.nih.gov)

Join us for this important discussion!

Register Here!

Community Navigator Trainings

Join our team of locally certified System of Care Community Navigators by attending an upcoming training date! This program helps participants learn more about Project SUN and how to assist families in identifying community resources to meet their needs. **Click a link below to register:**

[Wed, May 12, 2021 1:30 PM - 3:30 PM](#)

[Fri, Jun 25, 2021 9:30 AM - 11:30 AM](#)

[Sat, Jul 31, 2021 9:30 AM - 11:30 AM](#)



Helpful Resources for You to Explore

FRIENDLY READ - *Less Than 5 Minutes*

- [Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider](#)

REFLECTIVE READ - *More than 5 Minutes*

- [The Social Dilemma: Social Media and Your Mental Health](#)

ACADEMIC READ - Longer than 10 Minutes

- [Substance Use + Mental Health in Teens and Young Adults: Your Guide to Recognizing and Addressing Co-occurring Disorders](#)

CULTURAL COMPETENCE READ

- [Federal Policies Can Address the Impact of Structural Racism on Black Families' Access to Early Care and Education](#)



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