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Welcome to our March Newsletter



We need your feedback! Please complete this [brief, three question survey](#) to help us improve future email communications.

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:

Identifying Children's Mental, Emotional, & Behavioral Health Concerns



March Parent Café

Are you concerned about aspects of your child's emotions or behavior? Join us for our upcoming Parent Café webinar, "[Identifying Children's Mental, Emotional, & Behavioral Health Concerns](#)" on Thursday, March 18, from 5:30-7:00 PM.

Speakers **Cindy Luzeniecki**, Local Interagency/Transition Coordinator - Child & Family Connections #15, and **Dr. Lisa Gassin**, Professor - Olivet Nazarene University, will present about how early intervention screenings can help children from birth to age 3, while other screenings and assessments are available for older children to help identify potential concerns.

[Register Here!](#)

Caregiver Self-Care Event

Save the date! This free, online event for Kankakee County caregivers will take place **Saturday, March 27 from 10:00 AM - 12:00 PM.** Presenters will focus on how to nurture your own self-care needs. Participants will also receive a free self-care gift package.

Stay tuned for upcoming registration information!

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:**

[Friday, March 26 - 1:30 PM - 3:30 PM](#)

[Saturday, April 24 - 9:30 AM - 11:30 AM](#)



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, 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.

Stay tuned for upcoming registration information!

Helpful Resources for You to Explore

FRIENDLY READ - *Less Than 5 Minutes*

- [Sleep Tips for Your Family's Mental Health](#)

REFLECTIVE READ - *More than 5 Minutes*

- [How to Help Kids Who Are Too Hard on Themselves](#)

ACADEMIC READ - *Longer than 10 Minutes*

- [Creating Safer Spaces for LGBTQ Youth: A Toolkit for Education, Healthcare, and Community-Based Organizations](#)

CULTURAL COMPETENCE READ

- [The Link Between Racism and PTSD](#)



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