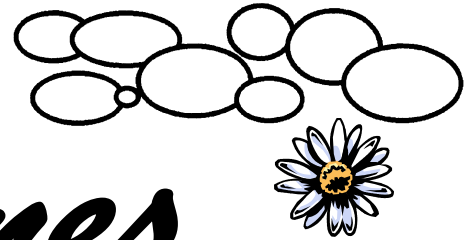


STEPPING Stones



Parent & Community Based
Education for Healthy Living



SPRING 2006

CARE (Community Assessment Referral & Education) ~ (586) 541-0033 ~ www.careofmacomb.com

May 2, 2005

Dear Paddy Laske,

It has been a few weeks since my visit to your awesome event and I must tell you that I am still bragging about what you folks put on and how you are the model of how to build a community to raise independent and self-directed children who come from homes of love and guidance.

I can put it no simpler than to say that it was such a treat for me to attend your well planned and awesomely executed event! You and your staff need to spend some time congratulating each other for the way that you cooperated to make sure that everyone at your event went away feeling they had gotten what they came for and feeling that there was hope for their own lives because someone cares about them and wants to help them find the resources to lead happy and meaningful lives of hope.

I would like for all of you to sit down sometime and imagine just how different America would be if there was an agency like yours working in every neighborhood to bring resources to families!

From the bottom of my heart I want to thank you for including me in your remarkable event. I would jump at any chance to be involved with your great endeavors at any time.

Sincerely,
Mac Bledsoe

Mac was the 2005 Parenting Conference Keynote Speaker, father of Buffalo Bills Quarterback Drew Bledsoe and author of the Parenting with Dignity program "Parenting, Athletics, and Values"

Macomb County's 11th Annual Parenting Conference



**Saturday, March 4, 2006
8:00am - 3:30pm**

**Sterling Inn Banquet &
Conference Center
34911 Van Dyke Road
(at 15 Mile Road)**

Keynote Speakers:

**Michigan's First Gentleman
Mr. Daniel Mulhern**
How Michigan Supports the "Career" of Parenting
&
Mr. David Walsh, Ph.D.
The Media's Impact on Families

**Cost is \$30 per person
Includes Continental Breakfast and Lunch**

For registration please call 586-541-0033
or visit our website at www.careofmacomb.com



CVS/pharmacy



If you would like to receive the Stepping Stones newsletter via email, please send your email address along with your name to ctaylor@careofmacomb.com and we will add you to our list!

Effective Parenting includes:

- ♥ Showing children love, concern and respect at all times.
- ♥ Giving children a safe place to live and play.
- ♥ Helping children express all their feelings appropriately and listening to what they say.
- ♥ Giving children appropriate choices whenever possible.
- ♥ Having reasonable rules that are understood by all.
- ♥ Being responsible and teaching children to be responsible.
- ♥ Spending quality time with children.
- ♥ Setting an example by what we say and do.
- ♥ Working with our schools and communities to make them better for children.
- ♥ Asking for help when we need it.



May is National Foster Care Month!!

National Foster Care Month provides an opportunity for people all across the nation to get involved, whether as foster parents, volunteers, mentors, employers or in other ways. It is also an opportunity to show our appreciation for the dedication of the foster families who care for these children and youth and the social workers who support them. For information on how to become a foster parent, please contact Monique Hayes at 586-758-1253.

**We hope you will join us in making
National Foster Care Month a success this
May. Visit www.fostercaremonth.org
for more great information!**



CARE is now collecting old cell phones, pagers, PDA's, palm pilots, digital cameras, and iPods.

For each item collected, CARE will receive a monetary donation. All makes and models, regardless of working condition, will be accepted. Phones must be deactivated before they are donated. By recycling these items, CARE is helping to prevent e-waste from gathering in landfills. We are proud to be working with Recycling for Charities for such a worthy cause.

Information on Recycling for Charities can be found at www.recyclingforcharities.com.

Encourage family and friends to donate their used items to CARE! Please contact Emma at 586-541-0033 if you are interested in donating.

THANK YOU FOR YOUR SUPPORT!!!

MCFARES Macomb County Fetal Alcohol Resource, Education, & Support

Prevention Network of Michigan selected MCFARES' First Annual Alcohol and Pregnancy Awareness Day (FASDay) for a Model Project Award from among its grant project awardees in 2005. MCFARES chairperson Charisse Cossu-Kowalski received the award at Prevention Network Annual Awards Meeting in Lansing on Dec. 14, 2005.

Additionally, for its advocacy and commitment to raising awareness about Fetal Alcohol Spectrum Disorder, MCFARES received a "Special Tribute" from State Representative Fred Miller signed by Governor Jennifer Granholm and all of the State Representatives from Macomb County.

MCFARES thanks the Prevention Network and Representative Miller for their support of our ongoing efforts.

In December 2005, MCFARES hired Melissa Sienkiewicz as their part-time Fetal Alcohol Spectrum Disorder (FASD) Parent Liaison. She will help families raising an individual with FASD link to resources, support, and education. Melissa can be reached at 586-541-0033 Ext. 236 or via email at msienkiewicz@careofmacomb.com.

Bits from Barb ♥ ♥ ♥

Barb Browe, Community Services Director

Something I often hear from parents is "we don't have time to take a parenting class." "We don't have time to attend an educational workshop that might allow us the experience to look differently at the way we are handling life." "We don't have time to set aside for "that"... when I have so much to do."

I know that this is said honestly and that "doing more" seems simply out of the question of today's reality. But in many ways this is like saying, "we don't have time to fix what isn't working" yet we tell ourselves that everything we do is dedicated to our family. Life is such a delicate balance act when it comes to raising our children.

We lead wisely by example. Parents cannot get away with telling their children to "do what I say...not what I do." We teach our children to question every aspect of life as we prepare them for adulthood, but we often struggle when they question us. We are their role models in every aspect of daily living. They learn how to handle life with our guidance and direction.

Take a few minutes today and make a list of the qualities and skills that you would like to see your child have when you send them out into the world as a young adult. Promise yourself that you will allow that list to guide you whenever you are posed a question or challenged with a parenting decision. Ask yourself what direction would you be leading your child by the answer you give.

Are you truly focused in the direction that you want them to go?



Panel Discussion on Recovery

Thursday, April 27, 2006 ~ 6:30 - 8:30 p.m. at
MISD ~ 44001 Garfield ~ Clinton Twp. (South of Hall
Road). Light refreshments will be served.

Speakers will address what is currently happening in the field of substance use disorders—alcoholism and other drug dependency.

Healthcare professionals, employers, the recovering community, religious leaders, legislatures, educators, and the community at large are encouraged to get the facts.

For more information call Kathy Rager at 586-541-0033



Older Adult Programs at CARE

CARE has stepped along and added an education and speaker service for and about Older Adults to its already comprehensive programming schedule.

CARE's Older Adult Programs are designed for Macomb County senior groups and are focused to help seniors stay sharp, be mentally alert and improve quality of life.

Additional presentations and trainings related to mental health, medication misuse, and alcohol misuse are available for professionals, staff, and caregivers who work directly with seniors. Best of all, the programs are FREE.

For more information, contact Marcia Relyea, gerontologist at CARE 586-541-0033 X211.



NicotineNarcs Traveling Tours

The NicotineNarcs are proud to present their first ever traveling tour. This 45 minute presentation will feature members of the teen advocacy group educating middle school students on the dangers of smoking, and the methods that the Big Tobacco industry





Calendar of Events



Please check our website - www.careofmacomb.com - for updates on workshop dates and upcoming events!

MARCH

Parenting Awareness Month

March 4

11th Annual Macomb County Parenting Conference titled "Home Improvement" will be held at the Sterling Inn Banquet & Conference Center. Call 586-541-0033 for more information or to purchase tickets!

APRIL

Month of the Young Child & Alcohol Awareness Month

April 27

Voice of Recovery Panel Discussion held at the MISD. For more information, contact Kathy Rager at 586-541-0033.

MAY

National Foster Care Month
www.fostercaremonth.org

May 21

4th Annual Tea at the Sterling Inn. Featuring Haywood Smith, author of *The Red Hat Club* books! Call 586-541-0033 for more information or to purchase tickets!

May 24

3rd Annual Summer Safety Fest. Call Barb Browe at 586-541-0033 for more information.

FASD Support Group

Raising children with FASD 2nd Monday of every month from 6:00 - 8:30 pm. Call 586-541-0033 for more information.

Hot Links

www.leapsnbounds.org
www.discoveryschool.com
www.nofas.org

Quote of the season:

"Kids don't care about how much you know until they know how much you care."
- Jerry Moe, National Director of Children's Programs at the Betty Ford Center in California

You can view our new Student Assistance Center newsletter on our website www.careofmacomb.com!

A Great Big Thanks!

We ask that you please support the following businesses that have donated to CARE:

America's Finest Printing

17060 Masonic—Ste. 101, Fraser
586-296-1312

Bittner Chiropractic Center

37316 Schoenherr, Sterling Heights
586-978-8088

Buca di Beppo

12575 Hall Road, Utica
586-803-9463

Macomb County Literacy Program

586-286-2750

St. Maximillian & St. Francis of Assisi Church

UAW Ford Bright Horizons Family Solutions

teenintervene

Teen Intervene is a program for youth, ages 12-19 who are suspected of experiencing mild or moderate problems associated with alcohol or other drug use. Parents and school districts can refer youth to CARE to take part in the program. Teen Intervene is a research based program, developed by the Hazelden Foundation, and offers school districts an opportunity to refer youth in lieu of suspension.

A three-part parent session is run simultaneously and is mandatory for teen participation. Call 586-541-0033 for more information.

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use disorders. Federal, state and local funding has been provided through Macomb County Mental Health/Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.

CHECK OUT OUR WEBSITE
www.careofmacomb.com

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