

STEPPING Stones

Parent & Community Based
Education for Healthy Living

SPRING 2007

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

Celebrate Diversity

As the world becomes more diverse, teaching our children to be tolerant of the cultures of others is not only necessary but preferred. Teaching children that no two people have exactly the same beliefs and values will enrich their lives. It will also reduce their fears, fears that are based on the unfamiliar.



Talking to our children about racial prejudice and diversity can be difficult. Parents must first become sensitive to their own prejudice - and all adults have prejudice.

Parents can start by asking themselves some questions:

- Would I be concerned if I heard that a family of a different culture was moving in next door to me? What would be my concerns? Are they logical?
- Are my attitudes based on media messages rather than real life experiences with this group?
- Are my attitudes based on experiences with one member of an ethnic group or experiences I have had with many members of that group?

When I speak to my children about values do I really believe them myself or am I just giving lip service to what I think is a popular view? When I say "It isn't the color of the skin that counts, it's what's inside," do I really mean it? Children know when you believe what you are saying.

Activities that can help make children accepting of the values and attitudes of other cultures:

- Read stories to children that focus on a different culture or religious group.

- Take children to events that share ethnic backgrounds.
- When you have the opportunity to meet someone from another ethnic group, ask if they would share some of their history and traditions with your family.
- Encourage school and religious activities that familiarize children and other family members with another culture.
- Talk to older children openly about your own fears and find ways together to explore and overcome them.

Macomb County's 12th Annual Parenting Conference



Saturday, March 3, 2007
8:00am - 4:00pm

Macomb Intermediate School District
Conference Center
44001 Garfield in Clinton Township
(between 19 Mile & Hall Road)

Tickets are \$30 each!
(Includes Continental Breakfast and Lunch)

Please call 586-541-0033
for more information.

*****CARE'S SPRING CLEANING*****

If you would like to continue receiving **Stepping Stones**, or to be added to our emailing list, please contact **Christyn Taylor** at 586-541-0033 Ext. 212 or ctaylor@careofmacomb.com

CARE's New Identity

As CARE celebrates it's 30th Anniversary this year, we are pleased to unveil a new refreshing look to the logo, website and marketing materials.

The new CARE logo and website concept was presented to the Board of Directors at their Annual Meeting in January with wonderful reviews.

We hope you enjoy the new look of CARE and watch for a new and improved website in the next few months!



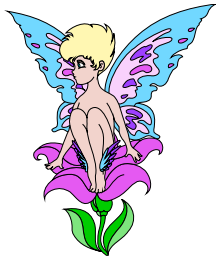
Absolutely Incredible Kid Day March 15, 2007

Join Camp Fire USA Wathana Council (Michigan) and thousands of others around the country and write special thoughts to a child. Writing a letter is an awesome way to create an environment of understanding and caring.

Encouragement and compassion can make a difference in a child's life. You can join others on this day by simply writing a letter to a child you know and love.

Write and tell them how absolutely incredible they are, drop it in the mail and wait to hear the sound of excitement when the child receives a special letter stating how incredible they are.

To learn more about Absolutely Incredible Kid Day visit www.campfireUSA.org.



CARE

presents

"Fairies in the Garden"

5th Annual

Tea, Luncheon & Silent Auction

Sunday, May 20, 2007

12:30 – 3:30 PM

Sterling Inn Banquet & Conference Center
34911 Van Dyke Road, Sterling Heights

Featuring

Stacey DuFord

Author of "The Fairy Painting"

Tickets are \$35 each.

Sponsorships and Program Booklet ads are also available.

Please call 586-541-0033 to purchase tickets or for more information.

Proceeds to benefit CARE's Children's Programs



UNDERAGE DRINKING LAWS

What parents should know:

- As a parent, you cannot give alcohol to anyone, including your own children, under the age of 21, under any circumstances, even in your own home.
- You cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcohol.

If you break the law:

- You can face a \$1,000 fine.
- You can face civil court fines if you give alcohol to anyone under age 21 and they hurt someone, themselves or damage property.
- Officers can take any alcohol, money of property used in committing the crime.

A program of Drug-Free Action Alliance and the Macomb County Prevention Coalition.

Depression Awareness Project Grant Awards

CARE, in collaboration with CVS/pharmacy, Macomb Intermediate School District, Macomb County Community Mental Health Crisis Center and St. Joseph Healthcare, proudly announce that Henry Ford II High School (Utica Community Schools) and Dakota High School (Chippewa Valley Schools) have been awarded the "Depression Awareness Project" grant.

Events at both schools will include depression awareness activities that help fellow students identify the warning signs of depression and suicide, and know where to get help.

Depression can lead to school failure, alcohol or other drug use, and even suicide. Suicide is the third leading cause of death for 10-19 year-olds in the United States each year. These are shocking statistics, but we also know that most youth who die by completed suicides suffer from a mental or substance use disorder or both. Given these stakes, suicide prevention and intervention is critical.

Project Focus



Project Focus is a FREE support program for parents and youth ages 6 - 15 who are concerned about a family member's use of alcohol or other drugs, have a family member in recovery or are in recovery themselves.

Families will learn tools to reduce their anxiety, develop healthy coping skills, learn about addiction and discover they are not alone with their concerns. The program is full of fun activities while using a skill-building approach.

Thursdays ~ March 8, April 19 & May 10, 2007

Dinner: 6:00pm ~ Program: 6:30 - 8:00pm
Cornerstone Baptist Church
17017 12 Mile Road
(between Utica & Groesbeck)
Roseville, MI 48066

Call Paddy Laske at 586-541-0033 ext. 216 for more information or to register.

FREE Childcare is available for children ages 3-5.

Young Women's Lives

CARE will facilitate an ongoing 12-week program for girls ages 13-16 who are experiencing difficulty with relationships, school commitments and other social situations.

The curriculum was developed by Hazelden and addresses class-based violence, disruptive behaviors and gender and race issues.

The workshop begins on March 20 and will run on Tuesday nights from 6:00 - 7:30pm until June 5, 2007

Please call 586-541-0033 for fees and other information.



Fetal Alcohol Syndrome Presentation

A presentation is scheduled for Friday, March 9, 2007 from 12:30 - 2:30pm in the Senior Auditorium of the Robert A. VerKuijen Building in Clinton Twp.

This session will discuss the damaging effects of prenatal exposure to alcohol including its effect on infant and toddler behavior and development.

The fee for this presentation is \$15.00 and payment in the form of a check should be made out to Wayne State University and mailed to Merrill Palmer Institute, Attn: Reta Collins, 71 East Ferry Street, Detroit, MI 48202. Please call 586-541-0033 for more information.

Hope and Knowledge, Linking Parents Together

The Annual State Training Conference for Foster/Adoptive/Kinship Parents will take place on May 18 - 20th at the Holiday Inn South in Lansing.

Two of the breakout sessions held on Friday, May 18th will focus on FASD. An estimated 70% of foster children have Fetal Alcohol Spectrum Disorder.

Shelly Bania, CARE's FASD Prevention Specialist and Melissa Sienkiewicz, Macomb County Fetal Alcohol Resources Education and Support (MCFARES) Parent Liaison, were selected by the conference committee to present at the conference, Shelly will present an interactive presentation "Who Wants to be a Millionaire, FASD version," while Melissa will give a parent perspective through pictures that are sure to resonate with participants.

Call Michigan Association for Foster Adoptive and Kinship Parents at 586-469-4333 for more information.



Calendar of Events

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

MARCH

3rd
CARE's 12th Annual Parenting Conference "House of Hearts" at the Macomb Intermediate School District

28th
Kick Butts Day
www.kickbutts.org

APRIL

Month of the Young Child

MAY

National Foster Care Month

20th
CARE's 5th Annual Tea & Luncheon Fundraiser at the Sterling Inn Banquet & Conference Center in Sterling Heights

24th
4th Annual Summer Safety Fest for Head Start Families and Safety Patrol Students at Metro Beach

EXCITING DETAILS COMING SOON!!
We will soon be unveiling plans for:
CARE's 30th Anniversary Celebration
It's sure to be 2007's Event of the Year!



Don't forget to change your clocks on March 11!

A Great Big Thanks!

We thank the following CARE Supporters:

- | | |
|---------------------------|-------------------------|
| Grant Industries, Inc. | Rev. Robert Perdue |
| Keller Williams Realty | Carol & Walter Pokladek |
| Jessica Allen | Dawn Radzioch |
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| James Lafer | Christyn Taylor |
| Dick Lange | John & Nancy Temelko |
| Michael & Mary McClain | Emma Warren |
| Victoria Music | Robert Wirsing |
| Carol Ochadleus | Lynda Zott |

The News on Booze

Teens Talking Truth (T³) and the Nicotine Narcs will be hosting an informational conference for middle school and high school students in March titled, "The News on Booze...Don't Abuse."

The keynote speaker will be Kelly O'Callaghan from Traffic Highway Safety.

The primary focus of the conference is to address the fact that alcohol is a drug and it will cover the truths and consequences of underage drinking.

This project is funded by Prevention Network.

CARE Receives Recognition

The National Association of Counselors will give CARE an award on March 22 during their annual conference held in Detroit. The Donald Dinkmeyer Award for Program Excellence recognizes the long time efforts CARE has made in providing quality parent education.

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use. 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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