

TEAMWORK:

ISSUE 11 / FALL 2022

A QUARTERLY CHILDREN'S
CLINIC AND FLEX NEWSLETTER
FROM OUR TEAM TO YOURS



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BACK TO SCHOOL

The eleventh issue of our Children's
Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed
in the waiting room at the Clinic, and
[archived here on our website.](#)

This newsletter has been made possible through our agency
partnership with the United Way of Hampshire County.

United Way of the
Franklin & Hampshire Region



 Cutchins Programs
for Children & Families

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Hello Clinic and Flex Families!

I say this every year I'm sure, but where did Summer go? It feels like just yesterday I was stocking up on sunscreen and freeze pops, and now its #2 pencils and school snacks. Things feel like they are shifting so quickly for my family, perhaps some of you can relate?

In this Fall 2022 newsletter you will find so many goodies:

- Info about the upcoming **Annual Cutchins Programs Superhero Race**, please consider taking part in this fun family event! It's a great time for a great cause.
- A thank you to **Happier Valley Comedy**. Laura applied for a grant and we were able to participate in a staff development activity, while using Improv and laughing!
- Our **Featured Pet** from our Pet Project (hard copy in the Clinic waiting room, soon to be added to our new and improved Website!)
- **Local Peer Support Resources** compiled by Gael, our Peer for the TAY Flex team
- **The Coping Corner**, featuring birds! (from Binda)
- And as always, we close out the newsletter with our **Staff Picks**

We are looking forward to adding some group options for our Flex families this fall, keep an eye out for a Peer Support Drop in group as well as an Art group. Let us know if there are groups you would like to see offered at the Clinic!

As we transition toward Fall, I'm looking so forward to my favorite Fall activities, including Halloween. I also want to wish in advance happy and meaningful high holidays to our Jewish families. I hope this next season brings each of your families some playfulness, some rest and some connection.

With Kindness,

Amanda Jenkins Harrison, LMHC
Senior Director of Community Programming
Cutchins Programs for Children and Families



Join Us for the 2022 Superhero Race:

10K Run, 5K Walk/Run

October 2, 2022 | Northampton, MA

Cutchins Programs for Children & Families Inc. is proud to present our 5th Annual Superhero Run- 10K Run, 5K Walk/Run. This community event is an exciting celebration of our programs: bringing awareness about the impact of trauma and mental health struggles on children and adolescents in our community while promoting physical health! This year, we are enabling participants to join **IN PERSON** or **VIRTUALLY**.

Visit cutchins.org/2022-superhero-run
for more details and to register!



SUPERHERO RUN 2022

10K Run, 5K Walk/Run

In-Person & Virtual Event!

October 2, 2022 | Northampton, MA

Virtual: September 26-30th

[Learn More >](#)

Flexibility and Change Through Laughter: The Children's Clinic 2022 Staff Retreat

In this interactive workshop led by Happier Valley Comedy founder Pam Victor, our staff learned improv techniques to meet changes and challenges with greater agility, ease, and optimism. And who doesn't need that?



We gratefully acknowledge this workshop was supported by HVC's Free Happiness Program.

Find Local Peer Support

[Check out this guide](#) to find local peer support resources. Created by Gael Bemis, the Peer Support Specialist on the TAY Flex Team, this guide will be updated to reflect the evolving peer support landscape!



Coping skills, featuring birds!

Binda Colebrook, LICSW

If you need a break from your daily stressors, take a moment to see who is visiting the [bird feeders at the Cornell lab in Ithaca](#). It is in real time and shows you so many birds up close.

You can use it to make a space for some deep breaths.

What sounds do you hear?

What colors do you see?

And now, see if you can see any of the same birds in your own neighborhood!



A going outside activity: Discover the world of birds around you with the [Merlin Bird ID app](#).

You can ask your parent to download it on their phone. That way, when you are outside and you hear a bird, you can record its song and find out instantly what kind of bird is making that song!

Pet Project Spotlight: Tobey

By: L.P.



Tobey is probably the biggest dog I've ever had. He always keeps us on our toes reminding us when it's time to feed him, walk him or herd dad to bed. But he is also there to wake you up in the morning, poking you with his nose. If that doesn't work he jumps on top of you and that hurts, a lot. He always wants to be the center of attention and whenever two people hug he finds a way to join in. He likes to take a nap with people, making sure he is half on top of them. Tobey was always there during the pandemic, making us laugh and smile during hard times. Tobey loves car rides, but he is so big he falls off the seat. He loves shedding his fur so we never forget him. Tobey has beautiful eyes during the day but it's a little terrifying at night to see them glowing in the dark. He reminds us to put our food away or else he will eat it. Tobey will look you straight in the eye before attempting to steal your food and run off with it. He is also always there when you have food, to make sure you finish it or share a little with him. When people are having a hard time, Tobey is always there hovering around to make sure you are okay.



STAFF PICKS

A round-up of resources and links that we've found helpful lately

Family Screen Time Agreement – Laura's Pick

Did you know the award-winning film "Screenagers: Growing up in the Digital Age" offers excellent resources on its website? One of these resources is a step-by-step guide on how to create a Family Screen-Time Contract with your child.

This Is Sand – Amanda's Pick

Don't ask me why, but this is one of the most soothing things on the internet. Remember those flat glass enclosures filled with sand and liquid you flip over to watch the sand fall? This is like a free do it yourself version, where you choose the colors of the "sand", then watch the pixels of "sand" fall in patterns to the bottom of your screen. The sound of the sand falling, along with watching your sand art emerge is oddly captivating and calming. Give it a try!

Parents Are Not All Good and All Bad – Jordan's Pick

How to Start Over is a podcast by The Atlantic, produced by Rebecca Rashid and hosted by Olga Khazan. Check out the episode, 'Parents Are Not All Good and All Bad.' It episode explores ways to "understand the dynamics in lifelong family relationships, find ways to manage our emotional response when tensions boil over, and analyze what it means to change a parent-child relationship as an adult."