

# TEAMWORK:

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

## IN THIS ISSUE

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Letter from the Director

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Upcoming Events

---

Activity Ideas

---

Staff Picks

## SPRING HAS SPRUNG!

The fifth issue of our **Children's Clinic and Flex Team Newsletter** is here as Spring is in full swing! We hope you are enjoying more sunshine, longer days, and more opportunities to spend time outside! Read on for events and activities to enjoy with your family, in addition to some resources selected by our clinicians especially for you!

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



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Hello Clinic Families,

I am writing to you today from my desk at the Clinic! It is so nice to be in this warm and welcoming space, even on a rainy day like today. As I walked up the brick path this morning, I noticed the flower garden outside is starting to burst with color and it smells so lovely. At the Clinic we have been phasing back into having staff work on site, getting comfortable with new procedures, Zooming from our offices before clients are here with us. I have been a busy bee acquiring all we need to keep staff and clients safe when we return to in-person, indoor sessions at the Clinic (masks, sanitizer, air purifiers etc). Some Clinic Clinicians and Flex staff have been meeting with people outside (masked and distanced) and we are all eager to be able to be in the same space together again. Please talk to your clinician and/or team about your family's comfort level regarding sessions as we begin to take steps toward reopening the Clinic. More info to come on that topic in our late June newsletter!

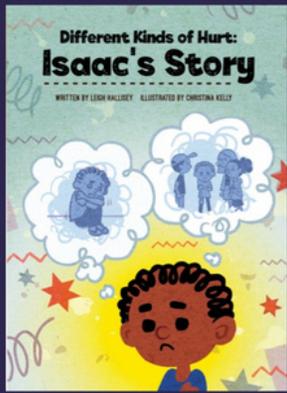
Recently I have been noticing transitions everywhere: flowers sprouting up, schools reopening, chilly air shifting to warmer days and it has got me thinking about not only the beauty in transitions, but also the challenges these changes can hold. We talk in our work with kids and families about the difficulty transitions can present for individuals who have needed to have big transitions in their lives (foster care, losing a loved one, moving) and how important it is to support people around the small transitions to help them handle the bigger ones. We talk about transitional objects, routines and rituals to help ease our minds and bodies into changes and transitions. Our whole community, and country, is transitioning in so many ways right now and I am struck by the strength and resilience this takes, how many little efforts go into making the days go smoothly. Some days may be trickier than others, but together we are making all of this change and newness work.

I hope this newsletter offers you some support, some new ideas, and fun activities. I also hope it helps our Clinic community continue to feel connected. As always, thank you for allowing us to be a part of your families lives.

Be safe and be well,  
Amanda Jenkins Harrison, LMHC  
Director, The Children's Clinic



# STORYWALK™



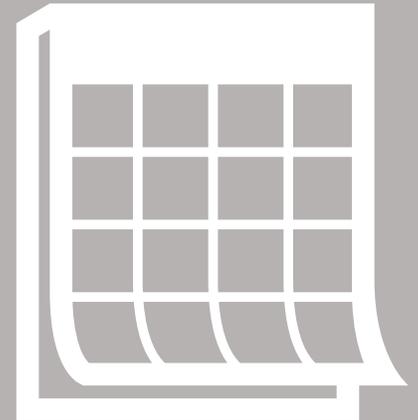
In Honor of Children's Mental Health Week please visit our Storywalk April 29th through May 7th at these locations:

East Forest Park Branch Library  
136 Surry Rd.  
Springfield, MA 01118  
&  
S. Hadley Public Library  
2 Canal St.  
S. Hadley, MA 01075



**The Support Network**  
*Champions for Children's Emotional Health*

Check out these local events!



**The Support Network**  
*Champions for Children's Emotional Health*

**Children's Mental Health Week 2021**

Join us with guest presenter Quentin Vennie



**"Finding Purpose Through Pain"**  
Thursday, May 6, 2021 • 6pm - 7:30pm

Quentin is a celebrated wellness expert, motivational speaker and author of the bestselling memoir, "Strong in The Broken Places."

Quentin works with youth in under-resourced communities, helping them understand their traumas and turn them into triumphs. Join us as we discover how to help our children grow through the traumas of this past year.

**RSVP to Margery Jess: [mjess@wmtcinfo.org](mailto:mjess@wmtcinfo.org)**

**or text 413-530-5488**

**Zoom ID: 264-212-8031**

**Copies of Quentin's book will be awarded to the first ten Support Network parents, caregivers or youth to register.**

# Growing Affirmations

BY NANCY PIERCE

Spring is here! And what better way to celebrate than growing positive affirmations?

Supplies you'll need: small plastic gardening containers, seed starting soil, seeds, tape, marker

1. Choose 1-3 positive affirmations you want to grow and manifest for spring. What do you want to improve on? What messages do you want to remember going into the next season? Examples: "I will speak kindly to myself." "I am powerful." "I will do my best."
2. Rip off pieces of tape, write the affirmations in sharpie and stick them onto the containers.
3. Fill containers 1/2 way with seed starting soil, moisten the soil with a small amount of water and poke a little hole in the middle.
4. Fill the hole with 1-3 seeds and cover the hole with soil.
5. Place the containers in a window that gets plenty of sunlight and water every other day or so to keep the soil moist.
6. Watch your seedlings/affirmations grow with time and attention!

This gardening activity can provide a helpful visual to practicing positive affirmations and positive self talk all while learning how to grow plants!

Find tips for starting seedlings indoors [HERE](#) and [HERE](#).



# Maple Appreciation

BY ASHLEY BOUDLE

Springtime in New England means maple syrup harvesting time!

Every year hundreds of people and farm's across Massachusetts tap into our beautiful maple trees, collect the sap and turn it into glorious maple syrup that we enjoy.



<https://www.farmersalmanac.com/wp-content/uploads/2020/11/backyard-maple-sugaring.jpg>

[Click here to learn how maple syrup is made.](#)



Maple syrup is a delicious treat that can be used in all kinds of ways. I recommend [these Maple Sugar Cookies!](#)

Baking fuels the body and the soul, is a way to decrease stress, anxiety and engage in a meaningful activity, and can be done with family and friends!



## **STAFF PICKS**

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

**Children's Books for Inclusive Celebrations of Families and Caregivers** – Allie's Pick  
With Mother's and Father's Days just around the corner, it's important to hold that families come in all different shapes and sizes, and are all deserving of celebration. For some of us, Mother's Day and Father's Day can even remind us of painful losses or strained relationships in our lives. These children's books recommended by the Human Rights Campaign can help us honor the full spectrum of families.

**Emotional Wellness Resources from Easthampton Elementary Schools** – Laura's Pick  
Easthampton elementary schools have create an amazing online resource for parents. This collection of very brief videos covers topics like worries, meltdowns, and social skills. Find practical ideas to support your child's emotional development.

**Western Massachusetts Hiking and Walking Trails** – Merideth's Pick  
Getting outside is a great way to connect with family, friends and ourselves through nature and still stay safe as we navigate the transitions in Covid advisories. We are fortunate to live in an area with many curated areas from more rigorous hikes to paved trails, many of which are free to access. This link lists many popular locations throughout western Massachusetts!



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