

# PREVENTION CORNER

August 2020 | Vol.1

Welcome to our first issue! The Prevention Department at DLC is very excited to launch the Prevention Corner Newsletter. Our team has been navigating the pandemic, transitioning Prevention services to a virtual platform, and developing Prevention Talks. Now, we are very excited of sharing our new Newsletter. Each month, you will receive informative articles focused on specific areas of Prevention, as well tips for parents, and updates on upcoming events and programs. The Prevention Corner Newsletter will also include a link to the latest presentation as part of the monthly Prevention Talks Series. The series will further explore and expand on the theme of the month and will be an extra resource to the community.

**WE HAVE TO DO THE BEST WE KNOW HOW AT THE MOMENT; IF IT DOESN'T TURN OUT RIGHT, WE CAN MODIFY IT AS WE GO ALONG.**

**- Franklin D. Roosevelt.**

This Prevention Team welcomes the new school year by sharing the steps that can help you reach your goals, and how parents can support their children every step of the way. Visit the Prevention Talks link located on in the location and contact info on page 2.



## Word Scramble

**GOLA** \_\_\_\_\_  
**NRSLPEAO** \_\_\_\_\_  
**RUUFET** \_\_\_\_\_  
**ITSEPVOI** \_\_\_\_\_  
**LPNA** \_\_\_\_\_  
**HCALPIMOSC** \_\_\_\_\_  
**AONCIT** \_\_\_\_\_

## Goal Setting

It is the start of the school year, and that means it is the perfect time to set new goals! These goals could include learning a new skill, improving in a subject area, or joining a new club. Studies show that goal setting is an important skill which helps children to become resilient. By thinking about a goal they have already achieved, and about how they accomplished it, children can gain a sense of self-efficacy and positive expectations for the future.

### Inside this issue:

- Goal Setting
- Prevention Talks Series
- Upcoming Events



# HOW TO MAKE YOUR DREAMS COME TRUE

Let's review the steps you can take to "Go for Your Goals". First, "Name It". Select one goal that is personal to you. The goal you pick may be about anything you want to achieve and is important to you. Next, picture yourself reaching your goal. This may be getting the grade you wanted on your math test or learning a new skill. Step three is "Be positive!" When you have a positive outlook, you begin to think about the steps you will take to help achieve your goal. Believing in yourself gives you confidence to take the first step in toward reaching your goal. Then, take a moment and identify three things you can do to meet your goal. It may be helpful to write them down and put them in place where you will see them each day. Once you develop a plan, go for it. Make time each day to practice the things you put on your list. Finally, celebrate your efforts and achievement!!

## Upcoming Events

Parenting Classes:

Parenting Today: Begins August 20, 2020

Parenting in Spanish: Begins August 26, 2020

*\*Classes are offered weekly for six consecutive weeks on Zoom.*

## GO FOR YOUR GOALS

Time to Take Action

- 1 Name it
- 2 Picture yourself reaching your goal
- 3 Say "I can"
- 4 Think how to do it
- 5 Go for it
- 6 Celebrate!



"I found the Parenting Teens class very helpful. The curriculum provided information in a clear and concise manner that helped me better understand my parenting style and things I can do as a parent to set clear reasonable expectations, role model, relate and communicate with my children. The presenters did a great job highlighting important aspects of the material and the handouts were very helpful".

-Tonya, participating parent

## LOCATION & CONTACT INFO



Horseshoe Drive Satellite Services | Prevention Services

2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013

Parenting Classes: To register - visit [davidlawrencecenter.org/parentingprograms](https://davidlawrencecenter.org/parentingprograms)

Prevention Talks: <https://davidlawrencecenter.org/prevention-talks/>

Stand Up: <https://davidlawrencecenter.org/stand-up/>

