



MAY is Mental Health Awareness Month!

ALL VICTORY STAFF AND STUDENTS: Wear GREEN on Friday, May 26
in support of Children's Mental Health Awareness!
Together, we can help destigmatize mental illness and promote mental well-being!

LOCAL RESOURCES:

- Autism Support Groups:
 - Autism Society of Northern Virginia <http://www.asnv.org/>
 - Parents of Autistic Children of Northern Virginia <https://poac-nova.org/what/>
- CHADD (Children and Adults with ADHD) Support Group for Parents – Meetup 4th Thursday of every month 7-8:30 @ Haymarket/Gainesville Community Library
<https://www.meetup.com/novachadd/events/238220488/>
- National Alliance for Mental Illness (NAMI) Prince William – www.nami-pw.org
 - Family to Family Courses
 - NAMI Basics Course for parents
- S.T.E.P. Parenting Program – Prince William County Cooperative Extension
www.pwcgov.org/parenting

GENERAL INFORMATION & RESOURCES FOR PARENTS:

- Advocacy: Voices for Virginia's Children
 - 1in5kids.org OR Vakids.org
- Children's Mental Health Month – Various Topics
<http://www.apa.org/helpcenter/communication-parents.aspx>
- Dr. Daniel Siegel – Author of *No-drama Discipline* and *The Whole-Brain Child*
<http://www.drdansiegel.com/home/>
- *The Gifts of Imperfect Parenting* by: Dr. Brene Brown <http://brenebrown.com/>
- SAMHSA <https://www.samhsa.gov/children>
- SCAN www.scanva.org/kidsneedconnections

FOR KIDS TO EXPLORE WITH PARENTS:

- Be Kind to Your Mind!
http://www.everymomentcounts.org/up_doc/MH_Day_Poster_4.pdf
- *A Boy and a Bear* by: Lori Lite (Book on relaxation and deep breathing)
- *A Handful of Quiet: Happiness in Four Pebbles* by Thich Nhat Hanh
- *Have you Filled a Bucket Today?* By Carol McCloud
- *My Body Belongs to Me: A book about body safety* by: Jill Starishevsky
- *Sitting Still like a Frog: Mindfulness Exercises for Kids (and their Parents)* by: Eline Snel & Myla Kabat-Zinn