



FAMILY SUPPORT CENTER

CHARTER SCHOOL FOR APPLIED TECHNOLOGIES

NEWS

COMING UP

3/4: PTO Meeting @ 6pm
 3/5: HS Blood Drive
 3/6-3/8: Matilda the Musical
 3/20: NO SCHOOL K-12
 4/3: NO SCHOOL K-12
 4/1-4/17: Spring Recess
 4/30: NO SCHOOL

RESOURCES

CRISIS SERVICES OF ERIE COUNTY

(716) 834-3131
www.crisisservices.org

CRISIS TEXT LINE

Text GOT5 to 741741
www.crisistextline.org

NATIONAL SUICIDE PREVENTION LIFELINE

(800) 273-8255
www.suicidepreventionlifeline.org

NIAGARA COUNTY MENTAL HEALTH SERVICES

(716) 285-3515
www.niagaracounty.com
 Departments/Mental-Health-Services/Crisis-Services

TREVOR PROJECT

(provides crisis intervention and suicide prevention
 services to LGBTQ young people ages 13-24)
 (866) 488-7386
 Text TREVOR TO 1-202-304-1200
www.thetrevorproject.org

March is National Woman's Month.

The Power of She:

Throughout history women have been the motivators and vehicles of change. Setting the tone for social rights, activism and social services throughout the country.

Did you know the federal levels of the United States Government (House and Senate) have the highest percentage of women leadership ever? Also, throughout the world we are seeing an increase in women leadership. Women hold the titles of Prime minister, President, Chancellor... throughout the world. The progression of women leaders all over the globe went from 8% women lead government to 24.5% women lead governments in as little as three years.

Cheers, to the great women who have already made their mark on the world and to those who are up next!

NON-PROFIT SPOTLIGHT

AMERICAN RED CROSS

^{Est. 1881}
 The American Red Cross has been a pioneer in the efforts to support individuals and communities overcome disaster relief, supply resources and medical services in times of war and much more.

The organization has evolved since it first came to root in 1881 and now also focuses on crisis prevention and strategically plans for regions that are disaster pron.

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SUPPORT RESOURCES

MENTAL HEALTH ADVOCATES OF WNY

Many groups and programs are implemented to support the family in a variety of ways such as;

- **Child and family support groups** that allow parents to communicate effectively within a group setting and to their children.
- **Spanish speaking support group** to allow individuals who use Spanish as a first language better access support services.
- **Teen peer support groups** available for adolescents ages 13-18 facilitated to by peer advocates using a strength-based approach.

How Can you reach them?

eriemha.org
(716) 886-1242

PARENT NETWORK

The parent network establishes resources and support systems for individuals with disabilities and their families. These supports include, but are not limited to, 1-on-1 support, educational supports for struggling students, parent leadership and family/ caregiver supports.

How can you reach them?

parentnetworkwny.org
English: (716) 332-4175
Espanol: (716) 449-6394

Joe Cicatello
(716)871-7400 Ext. 4199
Joscicatello@csat-k12.org



Charter School for Applied Technologies
www.csat-k12.org (716) 876-7505

The Red Cross or the Red Crescent teams provide relief and hope in all domestic regions as well as, Africa, Asia, Latin America, and Europe. Providing needed support to some of the most at-risk communities in the world.

Facts:

- Over **17 million volunteers** worldwide
- **Roughly 200 countries** have access to the Red Cross or Red Crescent.
- **150 years** of service

Western New York Chapter
786 Delaware Avenue
Buffalo, NY 14209
[\(716\) 886-7500](tel:(716)886-7500)

April is National Stress Awareness Month.

April celebrates the ability to acknowledge we all experience stressed and to identify what stresses us out individually.

Chronic Stress: Stressors that do not go away and will persist for a period of 6 weeks or more.

Acute Stress: Can occur every day through everyday life. Usually this stress is not impacting and can be overcome within a very short time span.

Being a student, parent or guardian are some of the most difficult jobs to perform and can cause a lot of stress.

Helpful Tips to Manage Stress:

- Take at least 15 minutes a day to do something for you.
- Seek things and people that bring you joy! By surrounding yourself with items that make you happy your brain automatically reacts in a positive way.
- Unplug for the day- through limiting your use of technology and access to social media your brain becomes less tense and your body successfully regulates.