



allegheny  
children's initiative  
*Hope starts here*

# NOVEMBER & DECEMBER NEWSLETTER

**STUDENT ASSISTANCE PROGRAM LIAISON OUTREACH NEWSLETTER  
ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS**

## ***What is the Student Assistance Program (SAP)?***

The Student Assistance Program provides screenings and recommendations for students in contracted school districts who are experiencing barriers in their learning. The goal of the program is to identify students who need extra supports for behavioral, social, academic, substance use and emotional needs. **Please contact your school Principal or Counselor if you think your child/student would benefit from SAP.**

Check out our website to learn more: [PFQ.org/Allegheny-Childrens-Initiative](http://PFQ.org/Allegheny-Childrens-Initiative)



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## 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of our comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness the norm.  
#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



Transgender Day of Remembrance is an annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence.

You can read more about Transgender Day of Remembrance below and find out how you can show support for the community on this day.

[glaad.org/tdor](http://glaad.org/tdor)

## November 2022

[Anti-Bullying Awareness Week \(Nov. 14-18\)](#)

[Hunger and Homelessness Awareness Week \(Nov. 12-20\)](#)

[International Stress Awareness Day \(Nov. 2\)](#)

[World Kindness Day \(Nov. 13\)](#)

[Giving Tuesday \(Nov. 29\)](#)

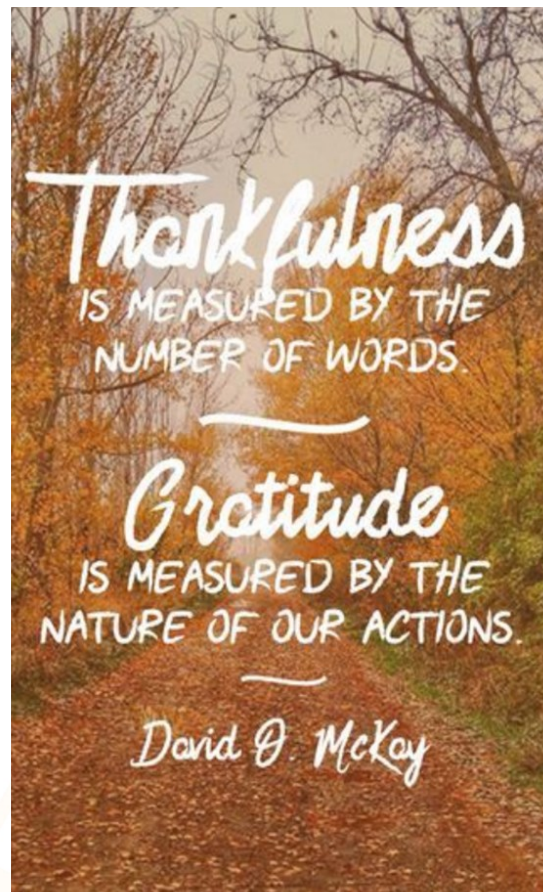
## December 2022

[National Stress-Free Family Holidays Month](#)

[World AIDS Day \(Dec. 1\)](#)

[International Day of Persons With Disabilities \(Dec. 3\)](#)

[Human Rights Day \(Dec. 10\)](#)



**World Adoption Day**  
**November 4**



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