



allegheny
children's initiative

Hope starts here

Student Assistance Program Liaison Outreach Newsletter

ANNOUNCEMENTS, RESOURCES AND RAISING AWARENESS

What is 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 about SAP and Allegheny Children's Initiative:

PFQ.org/Allegheny-Childrens-Initiative



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Upcoming Events & Links

September	October
National Recovery Month	ADHD Awareness Month
National Suicide Prevention Month	National Depression & Mental Health Screening Month
Every Women Day (Sept. 3rd)	Bullying Prevention Month

HOW TO MAKE FRIENDS

MAKING FRIENDS HELPS CHILDREN'S SOCIAL AND EMOTIONAL DEVELOPMENT



PICK A TIME TO MEET

Before talking to someone, make sure they are not busy doing something or talking to someone else.



INTRODUCE YOURSELF

Look the person in the eyes, speak clearly, and smile. Tell them your name and ask them for their name.



SHARE INTERESTS

When getting to know someone, share with them your likes and dislikes (i.e. food, games, toys, etc.)



LISTEN TO OTHER PERSON

Let the other person talk about themselves. Be respectful and listen to them.



FINISH CONVERSATION

End the conversation respectfully. You can say "I have to go now, I'll talk to you later."

Prepared by Yanique S. Chambers
KIDDIE MATTERS
Graphics by WhimsyClips.com

For more parenting tips and ideas visit <http://www.kiddiematters.com>



Autumn,
the season
that teaches us,
that change,
can be
beautiful



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NOVEMBER & DECEMBER NEWSLETTER

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

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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



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

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 \(Nov. 29\)](#)

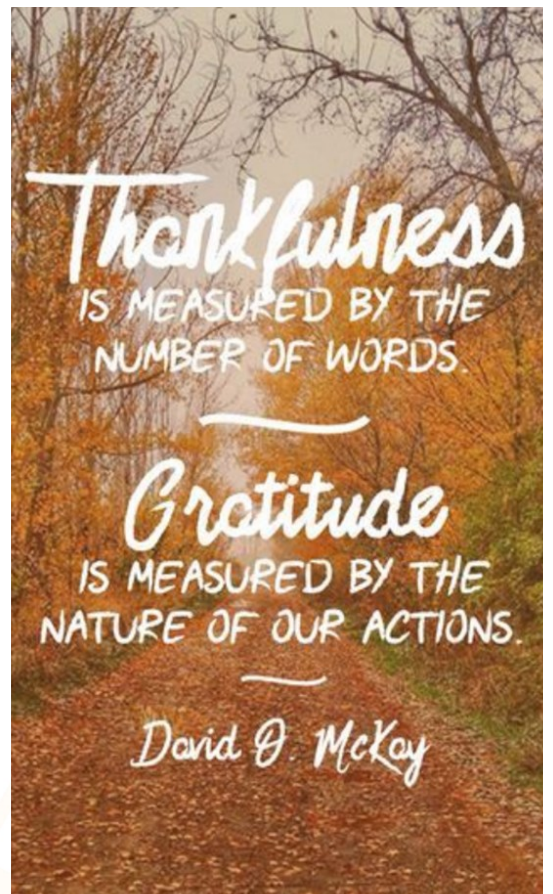
December 2022

[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**

