

Director's Corner

Happy March! March's SEL theme is Personal Responsibility which focuses on building healthy coping skills and self-advocacy. We all have a responsibility to take care of ourselves, and this month we will be exploring the different ways we can accomplish that. It's essential to learn healthy coping strategies like breathing exercises and mindfulness, which help us manage stress and anxiety. We'll also explore the importance of self-advocacy and how to speak up for ourselves when necessary. Join us this month as we focus on taking responsibility for our mental health and well-being.

Important Dates:

- 🍀 Mar. 22 - Community Day
- 🍀 Mar. 25 - Reward Day
- 🍀 Mar. 26 - End of 3rd MP
- 🍀 Mar. 28-31 - CLOSED
- 🍀 Apr. 1 - Virtual Makeup Day

SEL Theme: Personal Responsibility
Awareness Month: Adolescent Self-Injury Awareness, Social Worker Appreciation, Women's History
Focus: Healthy Coping Skills and Self-Advocacy Skills



Build up... or be quiet!

Diakon Youth Services has made arrangements to sell a variety of shirts and sweatshirts that reflect one of our program emphases on being positive: #BBQ, or Build Up or Be Quiet! These shirts were provided last year for students and staff members and were a big hit, with others more recently asking how they could obtain one.

As a result, we have arranged with Artistic Imprints for the items, which will be shipped directly to you at no extra costs. All varieties and costs can be found at the storefront link below. And the best thing is that all proceeds directly benefit the programs of Diakon Youth Services.



http://artisticimprints.3dcartstores.com/Diakon-BBQ_c_811.html



Special Recognition

Since March is Social Worker Month, we would like to take a moment to appreciate the school social workers who work tirelessly to support our children's well-being. Their dedication to ensuring the emotional, social and mental health of students is truly invaluable.

Thanks to our social workers for their unwavering commitment to making a positive impact on our students' lives and providing them with the necessary tools to thrive in their academic careers. Their contributions are truly appreciated!



Kayla Lingle, LSW



Corinne Bennett, LSW

Success Story

Ethan Maugans
Grade 10
Center Point Student

I was in a very rough patch in my life- I was an addict. I kept thinking, "I'll be fine I won't get caught." But that was never the case, no matter what I always ended up getting in trouble. I was already having a rough time with my drug problem, and I got into an altercation with some peers that were going to harm me. I didn't think, my first thought was, "I need to protect myself." Like always I ended up getting in trouble. I wasn't sure about Center Point, I was very nervous, I didn't want to do it. My first day was amazing, it turned my whole mindset around. Everyone and I mean EVERYONE was super nice and supportive to me. As the time went on, I got along with all my peers. I got so much support that it has helped me to stay sober. I have even been better at controlling my Anxiety and ADHD. I am so grateful that I was sent here, I don't think I could be succeeding at any other place like Center Point.

DIAKON YOUTH SERVICES

DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES

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www.diakon.org/youth-services

