

SCHOOL SOCIAL WORK

MONTHLY NEWSLETTER



EMOTIONAL WELLNESS MONTH

NOVEMBER IS THE MONTH OF GIVING AND GRATITUDE. THIS MONTH SEES A 50% INCREASE IN VOLUNTEERISM, OFTEN SEEN AT SHELTERS DURING THANKSGIVING. NOVEMBER 17-23 IS NATIONAL HUNGER AND HOMELESSNESS AWARENESS WEEK. THIS IS A GREAT OPPORTUNITY TO SPEAK WITH YOUR CHILDREN ABOUT THE IMPORTANCE OF GIVING BACK TO THE COMMUNITY THEY LIVE IN, ESPECIALLY DURING THE HOLIDAY SEASON BUT ALSO THROUGHOUT THE YEAR.

LOCAL FOOD PANTRIES

THE SOCIAL SERVICES OFFICES IN FALLS VILLAGE, NORTH CANAAN, SALISBURY, SHARON, KENT, AND CORNWALL PROVIDE FOOD PANTRIES TO THEIR RESIDENTS. ADDITIONALLY, THERE IS THE CORNER FOOD PANTRY IN LAKEVILLE AND FISHES AND LOAVES FOOD PANTRY THAT SERVES RESIDENTS OF CANAAN AND FALLS VILLAGE

SELF CARE TIPS

- Set boundaries: The holidays mean lots of togetherness with family and friends, but it's important to set boundaries with your time and conversations.
- Plan ahead: This may not seem like a self-care tool, but planning ahead can ease anxiety when plans get busy.
- Decompress: After a long day, decompressing and finding time for yourself; whether that's with a good book or a tv show, is always rewarding.

How to Set Personal Boundaries



DEFINE
Identify desired boundary



COMMUNICATE
Say what you need



STAY SIMPLE
Don't overexplain



SET CONSEQUENCES
Say why it's important