DREAM BIG PSP

Helping People Along Their Healing Journey

The Dreamer's Journal

August 2022

Newsletter Highlights

NORTH TX GIVING DAY

DREAM BIG SPOTLIGHT: COLLEGE SHOWER

MARK YOUR CALENDARS: DREAM BIG EVENTS THIS MONTH

ANYTHING IS PAWSIBLE

Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!

Getting Ready for September 22 North Texas Giving Day!

ACE Hardware

Join us at the Benbrook ACE Hardware event for Early Giving - NTX Giving Day
Saturday, September 3rd from 10 am to 2 pm
9459 Benbrook Blvd, Benbrook, TX 76126

Learn more about Dream Big services, Mexican candy treats, cold water, Dream big merchandise. Donations of $25 or more will be entered to win: 2 tickets to the TCU vs Tarleton football game, $50 Target Gift Cards, and $25 to Outback Steakhouse

CASA AZUL COFFEE

Join us for a cup of coffee, pan dulce, and Facebook live on 9/22/22!
6 AM - 4 PM
300 W Central Ave., Ft. Worth, 76164

ROCKWOOD Medical Clinic

Dream Big would like to thank Dr. and Mrs. Alex Guevara, Jr. at Rockwood Medical Clinic for being a matching donor of $1000 for North Texas Giving Day!

On July 15th, Dream Big was ready and AWAKE for WFAA Daybreak! Even Angel made an appearance!

GOING BACK TO SCHOOL

¡Regreso a clases!

By: Carolina Morales, LPC

It's that time of the year again! Some parents are shopping left and right, worrying about getting everything necessary for their children. Children on the other hand... well some are excited to return to school, and others feel worried and stressed. Wherever you are in the process of preparing for another successful year, Dream Big would like to share some important tips for returning to school:

1. **Begin following your desired school sleeping schedule at least two weeks before school starts.** This will help children transition into going to bed earlier and waking up in a better mood. Keep in mind that children need 10-12 hours of sleep on average.
2. **Have an open conversation and provide a safe space for your children to speak freely about their thoughts and feelings regarding returning to school.** Validate, reassure, and support! Let them know that you are there for them!
3. **School can be scary and unsafe for some children.** Speak to your child and your child's teacher about different ways to make the classroom//school area a safe place. This can look different for everyone. Some children create bracelets that remind them of a safe person. You can also review appropriate and effective coping skills with your child to aid with feelings of anxiety and stress (create a coping skills toolbox).
4. **Develop and normalize daily check-ins with your children. Ask how they are doing and get involved in their academic journey** (i.e. volunteering, attending concerts/events, family projects, homework, etc.). Do not be an observer of your child's education, rather a participant! This can help you improve your relationship with your child, and might help them feel understood regarding their school stress.
5. **Set up a "school zone" and clearly communicate expectations**. A school zone is a quiet designated area in the household that can be used for children to either complete their homework/projects, place their backpack or school items, and even place the next morning's outfit. It is an area for those who have a difficult time focusing when doing homework or easily misplace/forget items.

¡Es esa época del año otra vez! Algunos padres estan de compras, preocupándose por conseguir todo lo necesario para sus hijos. Mientras que algunos niños están emocionados por regresar a la escuela, otros se sienten preocupados y estresados. Dondequiera que estés en el proceso de preparación para otro año exitoso, Dream Big quisiera compartir algunos consejos importantes para el regreso a la escuela:

1. ***Comience a implementar su horario de dormir al menos dos semanas antes de que comience la escuela.*** *Esto ayudará a los niños a dormirse más temprano y despertarse de mejor humor. Tenga en cuenta que los niños necesitan dormir un promedio de 10 a 12 horas.*
2. ***Tenga una conversación abierta*** *y proporcione un espacio seguro para que sus hijos hablen libremente sobre los pensamientos y sentimientos que tienen con respecto al regreso a la escuela. ¡Hazles saber que estás ahí para ellos!*
3. ***La escuela puede ser aterradora e insegura para algunos niños****. Hable con su hijo y con el maestro/a de su hijo sobre las diferentes formas de como hacer que el salón de clases o la escuela sean un lugar seguro. Esto puede verse diferente para todos. Algunos niños crean pulceras que les recuerdan a una persona segura. También puede revisar las habilidades de afrontamiento apropiadas y efectivas con su hijo para ayudarlo con los sentimientos de ansiedad y estrés (puede tener una lista de estrategias de afrontamiento disponible en su mochila)*
4. ***Desarrolla y normaliza los "check-ins" con sus hijos.*** *Pregunte cómo les está yendo y participe en sus vidas académicas (voluntariado, atender conciertos/eventos, proyectos familiares, tareas, etc.). ¡No sea un observador de la educación de su hijo, sino un participante! Esto puede ayudarlo a mejorar su relación con su hijo y podría ayudar a que su hijo se sienta comprendido con respecto a su estrés escolar.*
5. ***Establezca una "zona escolar" y comunique claramente las expectativas.*** *Una zona escolar es un área tranquila designada en el hogar que se puede usar para que los niños completen sus tareas/proyectos, coloquen su mochila o artículos escolares, e incluso coloquen el vestuario de la mañana siguiente. Es una área para aquellos que tienen dificultad para concentrarse cuando hacen la tarea o pierden/olvidan cosas con facilidad.*

The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.
Title originated from Melissa Reeves Austin-Weeks.

Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.

Logo created by Sandy Rapp

Click on the Image for more Mental Health Resources for fighting back-to-school anxiety by Kaiser Permanente

SUPPORT DREAM BIG

Click on image to go to Dream Big PSP donation page.

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COLOR ME

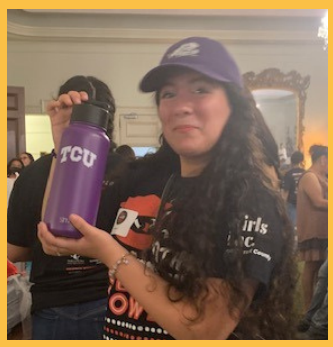
CREATIVE CAMP

Thank you to everyone that helped make our camps successful this year. We could not have done it without your help!

CONGRATULATIONS

to Alma Perez-Singer, winner of the Friday Tasks challenge!

Dream Big Spotlight: Girls Inc. College Shower A great success thanks to you!



thank you!

AUGUST

Upcoming Events

Dream Big - PSP Counseling

Help us send students back to school by providing them with the supplies they need:

**Binders * Pencils * Pens * Dividers * Note Cards * Notebooks * Graph Paper * Pencil Bag * Folders * $20 Gift Cards to Target, Walmart, Amazon *Composition Notebooks*
You can also make a donation to Dream Big and we will purchase the items!

Items will be collected from 8/1 to 8/10

9.22.22
COMMUNITIES FOUNDATION of TEXAS
NTX GIVING DAY presented by amazon

SEPTEMBER 22, 2022

STAY TUNED ON SOCIAL MEDIA! DREAM BIG WILL BE SHARING MORE INFORMATION ON EVENTS LEADING UP TO NORTH TEXAS GIVING DAY

TRANSFORM A LIFE WITH YOUR CONTRIBUTION

Anything is Pawsible

BY ANGEL THE DOG

Angel says:

"I also speak Spanish and English!"

"Yo tambien hablo Español y Ingles"

woof woof
guau guau

A stress-reducing moment for self-love, growth, & rewiring the brain. Enjoy!

Mindful Journaling

Q.Who was your favorite teacher? Why?

P.¿Quien fue to maestra favorita? ¿Porque?

Diario consciente

Un momento para reducir del estrés para el amor propio, el crecimiento y la reconfiguración del cerebro. ¡Disfruta!

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