



consumer

*A free monthly publication written by
members of The Children's Center
Consumer Council.*

CURRENT

Activities for Summer Break

Sandbox-Learning Education Tools

Summer is a “much needed” break for many children and families. Make the most of summer by helping children have fun while learning new things. The ideas below are for children of all ages and include suggestions for both the home and the community.

1. **Enjoy the Weather** – Many communities offer swimming lessons, group sports, or one-day neighborhood events. Encourage children to participate in these activities so they make new friends, learn new sports, and stay healthy. If children are ambivalent about trying something new let them join with a friend. Children may be more interested in an activity if they have a friend on their team or in their swimming group. Outdoor activities are a great way to spend quality time with your children and show the importance of physical fitness. Make evening walks or bike rides part of your routine. Besides doing physical activities outdoors, learn to simply enjoy the nice weather by having picnics or reading outside. A simple change of scenery can add excitement to the usual afternoon routine.
2. **Explore Creative Opportunities** – Numerous websites offer free printable games, coloring pages, and ideas for simple art activities. These easy and free resources are fun for children. To locate activities, search the internet using keywords like ‘children’s art activities’ or ‘children and art’. Don’t forget to look for activities at your community center, which frequently offer singing, acting, or music classes to help children of all ages explore their creative side.
3. **Invite Friends to Play** – Plan play dates for children. Besides having fun, children develop important social skills by spending time together. When planning a play date, have a variety of fun games and activities handy that encourage interaction rather than watching television. Poor weather can prevent children from

playing outside so be sure to have board games, cards, and other indoor activities handy as a backup plan. Simple games are not only fun,, but also teach important skills such as taking turns,, sharing, problem solving, and conflict resolution.

4. **Complete Projects Together** – Planting a garden, planning a summer party, or exploring ideas for the family vacation are exciting summer activities. Including children in your projects helps teach them time management, responsibility, and life skills. If you are planting a garden, children can learn about plants, how to care for them, and pick tasty fruit and vegetables. If you are planning a party, children can help make invitations, plan the menu, or prepare the food. If you are planning a family vacation, show children guide books and maps, and let them help plan different excursions. Children enjoy spending time and working with adults on projects. These activities will engage children and teach them valuable skills while also giving you a little extra help.

5. **Read** – Incorporate reading for enjoyment into your daily routine. Libraries often have story time for preschoolers and a variety of other learning activities for elementary aged children. Even if your local library doesn’t have these programs, you can still have fun by browsing and checking out books with your children. Also, check your local book stores for children’s program. They frequently have similar story times and fun programing.

CONSUMER COUNCIL MEETINGS

2nd Tuesday of every month
12:30pm-2:30pm.

RSVP at pkelly@thechildrenscenter.com

Youth MOVE Detroit Meetings:

Youth MOVE Detroit is Youth United's youth advisory council. We are looking for participants ages 14-25 to join us in impacting the System of Care as well as your community. Youth holding leadership roles on the council work to share your concerns and help find solutions utilizing your community and lived experiences. We meet every third Tuesday of each month, at The Children's Center, from 5:00pm-6:30pm. Upcoming meetings dates are May 16th, June 6th, June 20th, and July 18th. For further information contact Tyanna McClain at 313-324-8580 or by email at tmccclain@thechildrenscenter.com.

Culture Day in the Park:

Youth United will be hosting a cultural event for youth and families June 23, 2017 from 10am-3pm. There will be entertainment, food, giveaways, and everything is free. Families will be able to participate in various cultural activities, collect resources, and enjoy a nice day at the park. The location is to be determined.

If you have any questions please contact T'erra Gassaway via email at tgassaway@dwmha.com.

Youth United Open House:

Be on the lookout for details about Youth United's upcoming open house. Come find out who we are and what we do! The Open House is your opportunity to learn about Youth MOVE Detroit, networking and employment opportunities with various organizations, and resources for youth and families. For further information contact Tyanna McClain at 313-324-8580 or by email at tmccclain@thechildrenscenter.com.

5th Annual Wayne County Fatherhood Forum

Featuring speakers, resources and breakout sessions that every father and male caregiver should attend.

**Thursday, June 22, 2017
10:00 am – 4:00 pm**

Greater Grace Temple Church
23500 W. 7 Mile Rd.
Detroit, MI 48219

PARENT SPOTLIGHT: Dorothea Nicholson



I am a mother of two beautiful daughters who have many disabilities. My children's disabilities range from mental, physical, emotional, medical, psychological, musculoskeletal, and neurological. These disabilities affect their ability to think, see, talk, walk, live independently, and behave appropriately. Impacting their

major life activities, and affecting them educationally. What a nightmare. My children's disabilities include: ADD, ADHD, Mood Disorder, allergies, asthma, speech impairment, hearing impairment, learning disabilities, non-verbal learning disorder, sleep disorders, anxiety, depression, symptoms of Asperger's, etc.. Their disabilities have led to a long and challenging, but rewarding, journey of advocacy. To insure my children receive the support and services they require, I had to learn the IDEA, ADA, Section 504 Rehabilitation Act, State Laws, State Constitution and United States Constitution.

This journey has taught me that there are parents like myself with, similar challenged and woes; I learned that I was not alone. My trials, my tears, and my hurt were not in vein. Advocacy became my passion. Advocating for those who need their voices heard. Our future, and my future generation, need to have a chance.

Presently, I'm a parent, leader, advocate,, founder of AD & D's Educational and Advocacy Services, Lead Advocate for the Special Needs/Disabilities PTA, member of the Drew Transitional PTA and member of the Detroit Council Executive Board. I'm a member of The Children's Center Consumer Council (Chair of the Education Subcommittee) and a member of New Testament Church of God and Christ. I was also nominated, and accepted a volunteer position on the Program Operations Committees.

Advocacy is my passion! I'm not paid for what I do. But I like it. It's when I get that 'me time', my vacation from my own personal challenges, and the pleasure of smiling. Just seeing a parent's frown turn into a smile, a child being able to stay in school by being provided with the necessary services and supports to be successful in their education experience, is enough for me. My largest pay is when those children, who I have helped, approach me out of nowhere with excitement. With passion and patience comes the biggest reward.

CUSTOMER SERVICE

Charles Gaines
Coordinator Quality Improvement
313-262-1179; internal ext. 2170

Enrichment Activities



HOMEWORK HELP:

Bldg. 90, Center for Discovery

Every Monday and Wednesday, 4 to 6 at the Center for Discovery

(Even through the summer)

FAMILY GAME NIGHTS:

Bldg. 90, Activity Room

May 4th, 4 to 6

June 1st 4 to 6

July 6th, 4 to 6

August (working to obtain date and sponsor)

September (working to obtain date and sponsor)

BIRTHDAY PARTIES:

Bldg. 90, Activity Room

May 18, 4:30 to 6:30

June 15, 4:30 to 6:30

July 27, 4:00 to 6:00

August (Working to set date and obtain sponsor)

September 21, 4:00 to 6:00

ART ADVENTURES:

Bldg. 90, Activity Room

May 9, 4:30 to 6:30

June 13, 4:30 to 6:30

June 27, 4:30 to 6:30

July 11, 4:30 to 6:30

July 25, 4:30 to 6:30

August 8, 4:30 to 6:30

August 22, 4:30 to 6:30

September 12, 4:30 to 6:30

Parent Support Group

All are welcome to attend

Every 4th Thursday of every month from 6-7:30pm

May 25th at 6-7:70pm

June 22nd at 6-7:30pm

July 27th at 6-7:30pm

A parent to parent group organized by parents, driven by parents, and led by parents, has been launched at The Children's Center. This Support Group, exclusively for TCC parents, is where families can find support, network, share ideas and information, or just engage in simple conversation.

Outdoor Activities

Kidspot.com

HAVE AN OUTDOOR BATH

Children love playing in pools, and splashing around in water. Turn your play pool into an outdoor bath and watch your kids have heaps of fun using their imagination to create watery games while getting clean.

What you need:

- Outdoor pool
- Plastic containers or cups

Activity:

Fill the children's outdoor pool with water. You may want to add some hot water, and perhaps even some bubbles as well. Add bath toys and any plastic utensils or containers, such as cups and plates. Let your kids use their imagination to come up with ways to play in the water.

SUPER BUBBLE SOLUTION

Few kids dislike a good bubble solution. Create this solution and watch the kids create the biggest bubbles they – and possibly you – have ever seen!

What you need:

- large receptacle
- 12 cups of water
- 1 cup of dishwashing liquid
- 2 tbs. baking powder
- wooden spoon

Activity:

Grab your large receptacle (a large bucket works great). First add 12 cups of water. Next, add washing liquid. Be careful not to add this quickly as it may create a reaction in the water. Sprinkle over the baking powder and stir gently. Be careful not to make bubbles in the water as you stir. Create some bubble wands with these bubble wand ideas!

Michigan PTA ADVOCACY & LEADERSHIP TRAINING SERIES

**79 Alexandrine Detroit MI
6pm – 8 pm**

June 29th - Every Student Succeeds Act (ESSA)

July 6th - Career and College Readiness Initiative

July 20th - Family and School Partnerships

July 27th - Legal Hot Topics

For more information Contact Mary Mattson
mmattson@thechildrenscenter.com

CONSUMER COUNCIL SUMMER EVENTS CALENDAR

May 2017		
9 th	10:00 am – 12:00 pm	Special Education Training (Session 6)
9 th	12:30 pm – 2:30 pm	Wayne RESA Parent Meeting
10 th	8:30 am – 3:00pm	Michigan Alliance for Families Legislative Advocacy Day
11 th	4:00 pm – 7:00 pm	Mental Health Matters
12 th	5:00 pm – 7:00 pm	Special Education Training (Session 5)
19 th	5:00 pm – 7:00 pm	Special Education Training (Session 6)
23 rd	7:30 am – 9:00 am	Power of Possibilities Breakfast
25 th	6:00 pm – 8:00 pm	Monthly Parent Support Group
June 2017		
13 th	12:30 pm – 2:30 pm	Monthly Meeting
22 th	6:00 pm – 8:00 pm	Monthly Parent Support Group
22 nd		Fatherhood Forum
29 TH	6:00 pm – 8:00 pm	MI PTA Workshop – Every Student Succeeds Act
July 2017		
6 th	6:00 pm – 8:00 pm	MI PTA Workshop - Career and College Readiness Initiative
11 th	12:30 pm – 2:30 pm	Monthly Meeting
13 th	5:00 pm – 7:00pm	Annual Town Hall
20 th	6:00 pm – 8:00 pm	MI PTA Workshop - Family and School Partnerships
27 th	6:00 pm – 8:00 pm	Monthly Parent Support Group – MI PTA Workshop - Legal Hot Topics
29 TH	6:00 pm – 8:00 pm	MI PTA Workshop – Every Student Succeeds Act
August 2017		
8 th	12:30 pm – 2:30 pm	Monthly Meeting
24 th	6:00 pm – 8:00 pm	Monthly Parent Support Group

BHPI 14th Annual Mental Health Matters!

The Consumer Council participated in the 2017 Mental Health Matters, an evening of education and celebration this annual event that celebrates BHPI consumers, providers, and partners doing great things in our community. Mental Health Matters provides an opportunity for networking and celebrating successes of the past year. Each year the event is attended by 400 guests who visit an exhibitor fair; meet old and new friends over good food; hear inspiring messages from guest speakers; enjoy a great awards ceremony and win fantastic raffle prizes.



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If you have a story or suggestions for future articles, we'd like to hear from you.

Contact Pam Kelly at (313) 262-1127 or
pkelly@thechildrenscenter.com