HEROES OF HOPE

YOUR IMPACT ON THE CHILDREN AND FAMILIES AT THE CHILDREN'S CENTER

JANUARY 2019





You Made Winter Break Camp a Blast!

Thanks to you, dozens of children had great fun during Winter Break Camp. Staff combined fun activities like arts and crafts, cooking, and yoga, with social and emotional skill building, creative thinking, and literacy. You make it possible for us to provide this service to our children and respite for parents when school is out. Thank you!

Thriving with Autism, Not Just Surviving

"All three of my children have autism. I tell them, you may have autism, but don't let autism have you. Don't let your autism determine your life." - David, Father (pictured right, with son, Daylin)

"My wife and I first came to The Children's Center with my daughter, Ta'Nijah, who was five at the time (now 11) and suffering from emotional stress. When she was diagnosed with autism, I was in disbelief. I didn't know what autism was. But then I did some research and saw that she had a lot of the conditions associated with the disorder.

Then when my boys started having extreme behavioral problems, I knew where to turn to. Davin (age 10) and Daylin (age 5) had every bad behavior in the book: tantrums, outbursts, violence... everything.



You Brought Holiday Joy to 1,505 Children!

You provided gifts, hats, books and more to 520 families at our annual Holiday Shop! Your generosity brought one mother, Christine, to tears: "Having a traditional Christmas morning is not possible on our income. This year was different. The girls were so excited; their faces lit up when they saw they had gifts to open. I am so thankful to The Children's Center for bringing my kids joy."



Mighty Men Creates Strong Bonds

Children with involved fathers have more fulfilling lives with fewer behavioral, emotional, and academic issues. The *Mighty Men* fathers group at The Children's Center is a forum for fathers to discuss challenges and give advice, while also providing fun activities that allow children to bond with their dads. You make this possible, creating more positive father-child relationships every day.



They were diagnosed with autism and began services right away. What we have experienced here has been way above my expectations. The Children's Center is helping my children to thrive despite their autism, not just to survive with it.

Since the kids have been here, I started attending *Mighty Men* events. *Mighty Men* is a group of fathers who get together to discuss the challenges we face in supporting our families. We give advice to one another and also have events to bond with our children. In October, we had a bowling night and in December, we took the children to see a movie at the IMAX theater.

The most important thing I tell Ta'Nijah, Davin, and Daylin, is that even though they have autism, they can still live normal lives. They can have careers, marriages, and kids. The Children's Center is helping my kids to create bright futures for themselves. And *Mighty Men* is helping us all realize we aren't alone in our struggles."

Let's Talk About Periods

Young girls need a safe space to learn about their changing bodies. These subjects can be embarrassing and confusing, but also incredibly important to discuss. That's why every year, we are so grateful to host our Girls Period training, presented by *Period. The Menstrual Movement @ Wayne State.*

This year, volunteers from *Period.* came to The Children's Center and talked with girls, ages eight

and up, and their parents, about menstruation, hygiene, and selfesteem. The girls were able to ask questions in a judgement-free environment.

We are thankful to *Period*. and to YOU for making this event possible.



Winter Wishlist

This winter, our children need you more than ever. Consider donating an item.

NECESSITIES:

- Snowsuits for infants and toddlers
- Winter coats
- Lock boxes for valuables and medicine
- · Small, plug-in portable heaters

ART MATERIALS:

- · Kinetic sand
- · Play-Doh
- Air-dry clay



Show Our Children You Believe in Them

Living with autism is an ongoing challenge for Ta'Nijah, Daylin and Davin. It's likely that they will receive lifelong therapy to help them thrive. Our monthly giving program, Believers, shows fathers like David that we are behind their children for the long-term. You can become a Believer and show your commitment to those who need lifelong therapy. Sign up to give a monthly donation and champion the never-ending quest for providing care for children!

The Childrens Center.com/believers

