

NOVEMBER 2021

RESOURCE PARENTS

THE OFFICIAL NEWSLETTER FOR RESOURCE (FOSTER) PARENTS
INVOLVED WITH CASA - VOICES FOR CHILDREN



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HAPPY THANKSGIVING!

Thank you for understanding the impact of childhood trauma, and making every effort to help foster children in need. We know how challenging this experience can be, and we are incredibly grateful for your hard work and compassion. We hope the holidays bring you warmth and happiness!



CASA AND COVID-19:

UPDATES FOR RESOURCE FAMILIES

Dear Resource Families,

CASA - Voices for Children is continuing to implement precautionary measures for the protection of those we serve. Above all, we are committed to the health and wellness of our children, resource/bio families, advocates, volunteers, staff and community. Please see below for our current safety policies:

- At this time, we will be allowing in-person visits to take place between your child(ren) and their CASA volunteer - as long as you all feel comfortable and are willing to follow CDC guidelines (asking if anyone has any COVID symptoms recently, wearing a mask during your visit, socially distancing and washing hands).
 - If your family or CASA volunteer does not feel comfortable visiting face-to-face yet, please feel free to continue virtual visits. This [Advocacy from a Distance](#) post by Passaic County CASA contains some excellent suggestions for staying connected during virtual visitation.
 - Visit our website at <https://www.casa-vfc.org/staying-connected> for fun activities your child(ren) can do with their CASA while maintaining a safe distance.
 - Please let us know if you are in need of masks or any other supplies for your visits, or if you'd like additional guidance on in-person visitation. We are so appreciative of our resource families and want to support you in any way we can.
- CASA-VFC staff will be returning to the office for work, but our office will remain closed to the public. If there is an urgent need that cannot be met remotely, then we will be available by appointment only. Staff will be available during our normal office hours (8:30 AM to 5:00 PM) by phone and email.
- If you have an appointment to visit the CASA-VFC office, please be aware that face coverings will be required for all visitors as recommended by [Oregon Health Authority guidelines](#). Please note, our staff will also be implementing a sanitation protocol within our office as another precaution.
- To the best of our knowledge, Court Hearings and DHS meetings will still be held remotely. We will continue to keep you informed as we receive new updates.
- Your family's health, and the health of our advocates, staff, and community are of the utmost importance. As the State continues to reopen, we will monitor this plan and will keep you informed of our next steps.
- We appreciate your patience as we navigate these challenging times together. If you have any questions or concerns, please feel free to contact me.

Kari Pinard

Executive Director, CASA - Voices for Children

REMINDERS

Bill of Rights: Please make sure that your kiddo(s), along with their siblings, are not only aware of their rights, but also understand them. PDF copies of the [Children's](#) and [Parent](#) Bill of Rights are available on our website.



Donations to CASA: Have extra clothing or shoes lying around the house? Please call or email CASA to arrange for your donation! We are currently in need of boys' and girls' shoes, all kinds and sizes.



Car Seat Clinic: Car seat check-up clinics have returned! Together with volunteer Child Passenger Safety Technicians, the downtown Corvallis Fire Department will host [car seat check-up clinics](#) by appointment only. Call 541-766-6961 to schedule your appointment, or contact Alyssa Mahr, CPST (Certified Child Passenger Safety Technician) by calling the CASA-VFC office or emailing service.coordinator@casa-vfc.org.



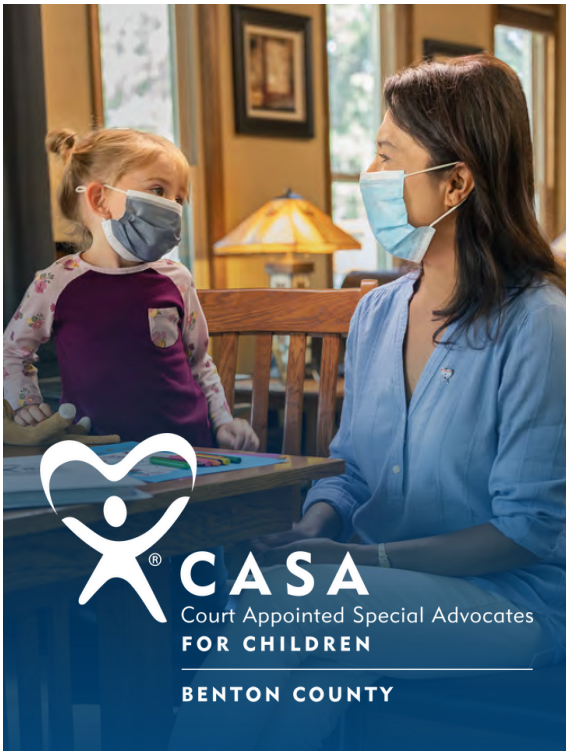
School Days: Is your kiddo running low on any school supplies? Contact the CASA office, and we'll get them set up with all the gear they'll need for a successful school year! We have backpacks, calculators, headphones, laptops, mice, pens, pencils, art supplies, binders, notebooks, and more available!



Shop Small, Help BIG: CASA-VFC is excited to announce that our "Shop Small, Help BIG!" community fundraiser event is returning for 2021! Shop Small, Help BIG! is a unique effort to help support local businesses, while raising funds for foster children in our community. Read more on page 6, or click [HERE](#) to see updates and learn about participating businesses!



WELCOME TO OUR NEW ADVOCATES!



We give a warm welcome to CASA-Voices for Children's newest Court Appointed Special Advocates! An incredible group of three new CASA volunteers was sworn in on October 28th by the Honorable Judge Locke A. Williams. CASA-VFC is thrilled to have such a dedicated group of new CASAs who will advocate for the best interests of abused and neglected children in Benton County.

Do you know someone who may be interested in becoming a CASA volunteer? Click [HERE](#) to nominate them and let them know you think they'd make a great advocate!

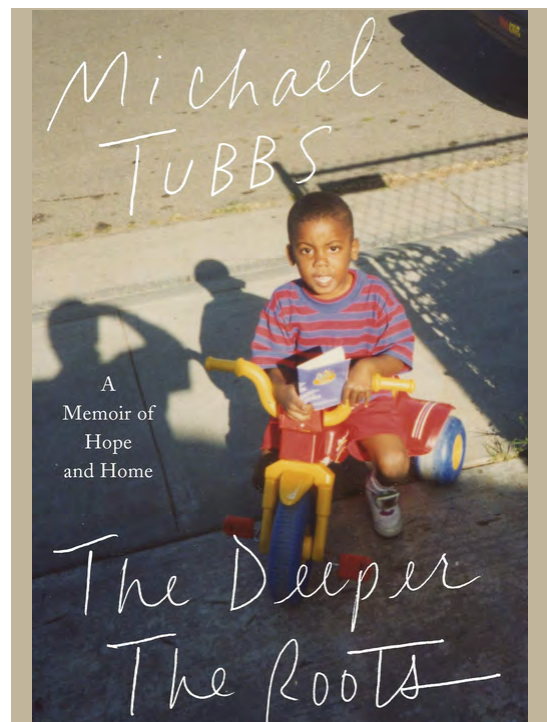


CHANGE LEADERS SPEAKER SESSIONS

National CASA/GAL invites you to the inaugural event in the Change Leaders Speaker Sessions – [A Fireside Chat with Michael Tubbs](#) on Wednesday, Nov. 10th from 12:00-1:00 pm.

Mr. Tubbs is a leader in the national conversation on the topic of guaranteed income. In this session, Mr. Tubbs will discuss his work on the front lines to change the lives of those living in poverty. All attendees also have the chance to win a copy of his upcoming book, ["The Deeper the Roots: A Memoir of Hope and Home."](#)

(Resource parents are welcome - simply select the "Other" category during registration.)



☆ [Register HERE!](#) ☆

SUBARU SHARE THE LOVE® EVENT



CASA-VFC is excited to announce that we have been selected as this year's hometown charity for Subaru's annual Share the Love® Event!

This year, from November 18th, 2021 to January 3rd, 2022, CASA - Voices for Children will receive a minimum donation of \$250 for every new Subaru sold or leased at Subaru of Corvallis.

[Click HERE to explore the latest Subaru models & learn more!](#)



KID CONNECTION QUIZ

Drug Misuse Prevention Resource from Linn Together

KID QUIZ: A FUN QUIZ TO TAKE WITH YOUR CHILD
LINNTOGETHER.ORG

Enjoy this opportunity to get to know your child a little better. Answer the questions below the best you can, then ask your child their responses. How did you do? What did you learn about your child?

QUESTION	CASA OR PARENT'S ANSWER	CHILD'S ANSWER
What is your child's favorite type of music?		
If your child could only wear one color of clothing, what would it be?		
In P.E., would your child rather play basketball, do exercises, or run?		
What person outside your family has most influenced your child's life?		

QUESTION	CASA OR PARENT'S ANSWER	CHILD'S ANSWER
What recent accomplishment is your child most proud of?		
What does your child like to do at recess/break?		
What book has your child most recently read for fun?		
What foods does your child like the most and least?		

LinnTogether.org has prepared a fun kid quiz that you can take with your kiddo(s) to spark conversation and connection!

When you connect with your kiddo(s) regularly, it's easier to discuss important topics like the risks of prescription drug misuse. Kids who continue to learn about the risks of drugs with a parent or trusted mentor are up to 50 percent less likely to use drugs!

[CLICK HERE FOR QUIZ!](#)

Resource submitted by CASA Maggie P.!

SHOP SMALL, HELP BIG!

CASA-VFC's "Shop Small, Help BIG" Fundraiser is returning for 2021!

"Shop Small, Help BIG" is a unique effort to help support local businesses, while raising funds for foster children in our community. The fundraiser will be held Nov. 1st - Dec. 5th and is pretty simple - we are asking community members to purchase gift cards or certificates to their favorite local business and donate them to CASA. The cards and certificates will be gathered and auctioned live on our online platform on the second weekend of December.

[Visit the Shop Small, Help BIG! page on our website to see who's participating with a local drop box!](#)



[Visit the Shop Small, Help BIG! Facebook Event page to learn more!](#)



Nov. 1 - Dec. 5

INVEST IN OUR COMMUNITY

Shop small, Help Big

A CASA-VFC EVENT

SUPPORT SMALL AND LOCAL BUSINESSES
WHILE MAKING AN IMPACT ON THE LIVES OF
FOSTER CHILDREN IN BENTON COUNTY



3 easy steps to support small

1. PICK YOUR FAVORITE LOCAL SHOP OR STORE
2. PURCHASE A GIFT CARD OR CERTIFICATE
3. DONATE THAT CARD OR CERTIFICATE TO CASA-VFC BY MAIL, OR HAND-DELIVER TO THE CASA OFFICE (129 NW 4TH ST. STE B, CORVALLIS, OR)

that help in a big way

WE LOVE OUR COMMUNITY

Let's save it

ONE PURCHASE AT A TIME



SHOP SMALL, HELP BIG!

Participating Businesses:

Don't see your favorite local business below? No problem! Any business that sells gift cards/certificates can be a part of Shop Small, Help BIG! Simply purchase a gift card or certificate from your favorite business and donate it to CASA-VFC - we love supporting ALL of our local shops and service providers!



Barre3



Block 15



Castor



Corvallis Brewing Supply



del Alma



The Dizzy Hen



Footwise



Gathering Together Farm



Greenhouse Coffee + Plants



Laughing Planet



New Morning Bakery



Papa's Pizza



Restyle Corvallis



re-volve



Sibling Revelry



Sky High



The Toy Factory



Visit our website to view the most up-to-date list of participating businesses!

HERE AT CASA



The items available for order include: Shoes, Jeans, or Sports Pants/Leggings, T-shirt, Coat or Hoodie, Gym Shorts, Socks, Underwear, and a Sports Bra (girls).

IN ADDITION, CASA HAS JACKETS, WINTER ITEMS, AND OTHER NEEDED CLOTHING FOR YOUR CHILD(REN). PLEASE INCLUDE ANY OTHER ITEMS NEEDED FOR THE CHILD AND WE WILL TRY OUR BEST TO FIND THEM ON-HAND.

Please send the following info with your order request to CASA:

- Elementary, Middle, or High School student?
- Child's first and last initials
- Child's height & weight (an estimate is fine)
- Child's waist & hips measurements in inches (an estimate is fine)
- Child's outside leg seam measurement in inches (an estimate is fine)
- Child's shoe size
- Child's pant size
- Child's t-shirt size
- A list of the needed items

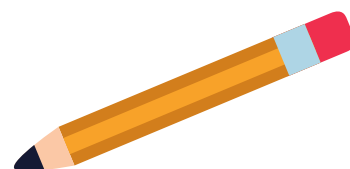
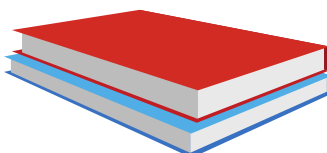
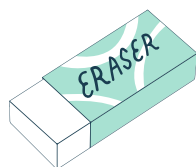
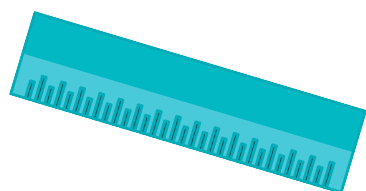
TRAUMA-INFORMED TUTORING



CASA is now offering Trauma-Informed Tutoring!

Our specially-trained academic tutors can work with your children to help them reach their educational goals, and help them learn strategies for successfully coping with the challenges of COVID-19 and changing routines.

To learn more about the Trauma-Informed Tutoring program, or to enroll your child for tutoring services with CASA, please contact Katie Gregory at program.supervisor@casa-vfc.org.



Trauma Informed Tutors can assist your child with:

- Core Curriculum
- Special Topics
- Study Tactics & Tips
- Class Link and Canvas
- Zoom Training
- and more!

LOCAL EVENTS & ACTIVITIES

This autumn may still look a little different than usual, but most facilities have reopened and there are lots of fun events and activities for your kiddo(s) to enjoy!

Explore the websites below for real-time updates on some of the many exciting opportunities available this fall!



CBCPL VIRTUAL EVENTS

The Corvallis-Benton County Public Library is offering a wide array of virtual events for all ages! Check out their site to learn about fun online activities for kids, tweens and teens!



CORVALLIS PARKS & REC

The Parks & Rec Fall/Winter activity guide is here! Explore their extensive selection of fun, safe events & classes for the whole family!



VISIT CORVALLIS

Stay up-to-date on the latest events within the City of Corvallis! This site hosts an event calendar of upcoming kid-friendly activities to enjoy with your kiddo(s)!



CASA-VFC: ACTIVITY IDEAS

CASA-VFC is gathering a list of local places to visit, things to do, and events to attend this fall! Our "Activities & Entertainment" webpage will be updated as facilities continue to reopen!

2021 CORVALLIS TURKEY TROT



The Corvallis Turkey Trot Fun Runs are returning in-person for 2021! Parks and Recreation will be implementing COVID safety precautions, so it may look and feel a little different than previous runs. The Little Gobblers 1K, 5K and 10K will be in full swing this year! Click [HERE](#) to register or learn more!

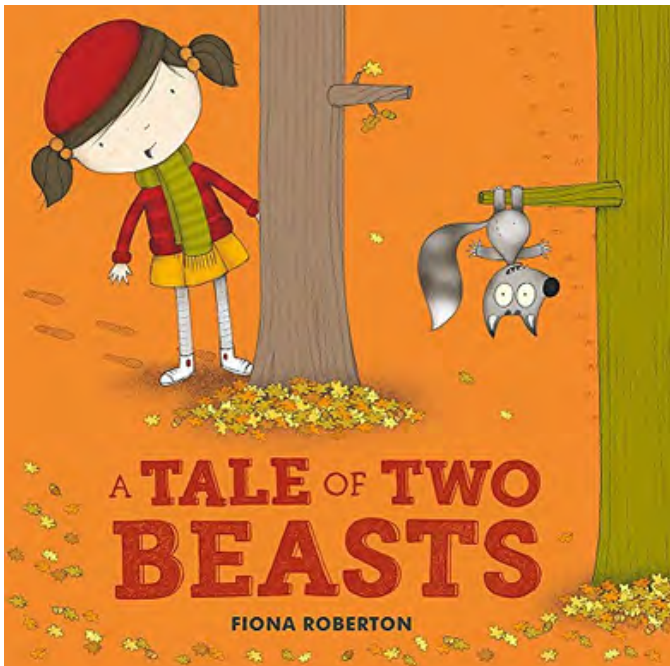


FREE LIVE PERFORMANCES BY OSU THEATRE: **IT'S A WONDERFUL LIFE**



Oregon State University Theatre is presenting [FREE](#) performances of the charming holiday classic ["It's A Wonderful Life: A Live Radio Play."](#) This clever adaptation of the heartwarming Frank Capra film is told as a classic 1940s live radio play. This touching story of love, friendship, and community is a treat for all ages. Performances run November 4-6 and 12 at 7:30 p.m. and November 7 and 14 at 2:00 p.m. - reserve your tickets [HERE](#)!

STORIES WITH THE STARS



A TALE OF TWO BEASTS By: Fiona Robertson

When a little girl rescues a strange beast from the woods, she takes him home. But for some reason, the little beast is not happy!

There are two sides to every story, and this funny and charming tale is no exception. Author/illustrator Fiona Robertson offers both points of view in this discussion-starting tale of the importance of seeing the world in different ways.

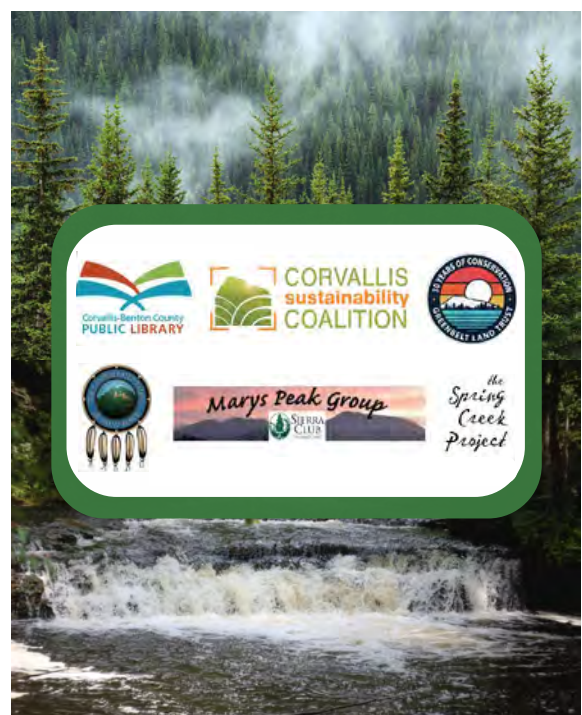
[Watch Sarah Silverman read this exciting tale with your kiddo\(s\) online!](#)

Storyline Online

CHAMPINEFU WEBINAR SERIES

Learn about our area's indigenous history in the [Champinefu Webinar Series](#), sponsored by the Marys Peak Group of the Sierra Club, the Confederated Tribes of the Grand Ronde, Corvallis Sustainability Coalition, Spring Creek Project, and the Corvallis-Benton County Public Library! This series is an excellent learning activity to share with tweens or teens.

["Trees and Forests of Marys Peak: The Stories They Tell"](#) begins at 7pm Nov. 10, ["Oregon's Water: What Coyote Can Teach Us"](#) begins at 7pm Dec. 8.



THANKSGIVING SNACK

TURKEY FRUIT AND YOGURT DIP



Ingredients Needed:

- 1 container Greek yogurt (any flavor)
- 1 medium pear
- 1 medium red apple
- 1 medium green apple
- 2 chocolate chips
- Pretzel sticks



Directions:

Core and thinly slice both apples.

Cut 1 slice of pear lengthwise about 1/2-in thick for the turkey's body, and thinly slice remaining pear for feathers.



Open the yogurt cup and place it on a large serving platter.

Arrange pear and apple slices around yogurt cup for feathers, and place the large "turkey body" pear slice on top of the yogurt cup.

Cut shapes out of small apple slice to make turkey's beak and wattle.

Garnish with apple pieces for beak and wattle, chocolate chips for eyes and pretzel sticks for legs. Enjoy your tasty Thanksgiving snack!



ACTIVITY OF THE MONTH

TURKEY PUMPKIN CRAFT

Supplies Needed:

- Mini pumpkins (*real or artificial*)
- Construction paper (*red, brown, yellow*)
- Dried or artificial fall leaves
- Googly eyes
- Glue & scissors



Directions:



Use your construction paper to create a turkey face. From the brown paper, cut a peanut shape. With the yellow, cut a rounded triangle shape for the beak. Last, use the red to cut a little oval to be the wattle, and glue the face together.

Set the turkey face aside and allow it to dry thoroughly.

Glue several leaves on the back of your turkey to make its tail feathers. (*The example uses 4 layered leaves.*)

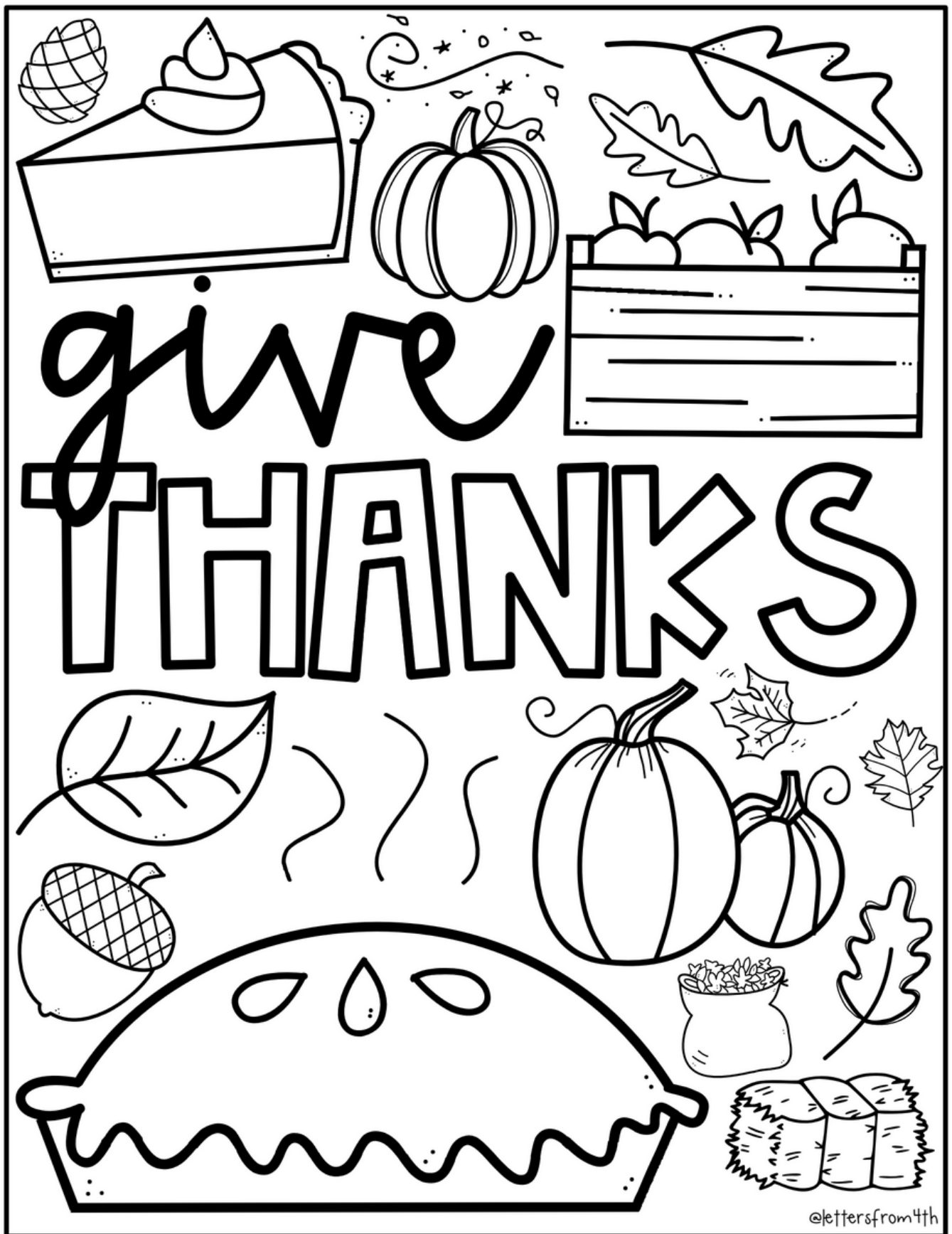


Now that you have your turkey "feathers" glued to the back, glue your turkey face to the front and voila!

You have a cute mini turkey pumpkin craft to display this Thanksgiving!

[CLICK HERE FOR MORE DETAILED INSTRUCTIONS!](#)

COLORING CORNER



Print out the full-page version at the end of this newsletter
for an afternoon of coloring fun!

COLORING CORNER



Print out the full-page version at the end of this newsletter
for an afternoon of coloring fun!



FALL FUN FOR YOU AND YOUR KIDDO(S)

New experiences are a great way to engage with your kiddo(s) and make lasting memories this fall.. Below are some of our favorite ideas for fun and inexpensive ways to enjoy the changing seasons with the whole family!

GO ON A CITY
MURAL SCAVENGER
HUNT



MAKE WOODLAND
TREASURE
SCULPTURES



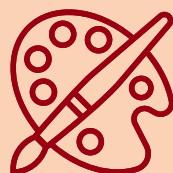
GET ACTIVE FOR
THANKSGIVING
WITH GONOODLE



COLOR SOME
THANKSGIVING
PLACEMATS



CREATE A FUN
AUTUMN CRAFT



RUN THE
TURKEY TROT
TOGETHER



COMMUNITY INVOLVEMENT

- **Oregon Parks and Recreation Department** offers free camping and day-use parking to Oregon foster parents, guardians and parents who have adopted Oregon foster children. Most campgrounds and day use areas have now reopened! For more information visit oregonstateparks.org or call OPRD at 1-800-551-6949.
- **The Oregon Zoo** offers discounted admission for foster children and their families. Check out their at-home activities [HERE](#) and follow their social media channels to keep up with their animals' adventures!
- **The Corvallis Fire Department** is once again offering car seat check-up clinics! Together with volunteer Child Passenger Safety Technicians, the downtown Corvallis Fire Department will host car seat check-up clinics by appointment only. Call 541-766-6961 to schedule your appointment, or contact Alyssa Mahr, CPST (Certified Child Passenger Safety Technician) by calling the CASA office or emailing service.coordinator@casa-vfc.org.
- **Corvallis Parks and Recreation** offers family assistance to ensure that everyone in Corvallis can play. Their [Family Assistance Scholarship](#) helps to reduce the barrier of cost for those living in Benton County. The scholarship can be used for an array of different activities - check out the [Parks and Recreation Facebook page](#) for the latest offerings!
- **The Boys & Girls Club** is providing after-school childcare. Pre-registration and eligibility verification required; call (541) 757-1909 for details. The Club works closely with CASA-Voices for Children, and you can get a reduced-cost membership by contacting the CASA office.
- **The Corvallis-Benton County Public Library** is offering free "[Stay at Home Storytime](#)" sessions for kids, and an awesome selection of [virtual events](#) for all ages as well! Feeling creative? Check out [Craft at Home with CBCPL](#) for some simple and entertaining crafts you can make with your kiddos! You can also show off your finished creations with the hashtag #CBCPLcraftathome on social media!

Is there something you liked or didn't like about this month's newsletter? Or maybe there's something you would like to see in next month's issue? Whatever it is, we would love to hear from you!

Please contact Alyssa Mahr with any questions, concerns or suggestions.
service.coordinator@casa-vfc.org

UPCOMING TRAINING OPPORTUNITIES

ABC House



Bystanders Protecting Children from Boundary Violations & Sexual Abuse

ONLINE TRAINING WITH ABC HOUSE VIA ZOOM

DATE: Tuesday, November 30th

TIME: 12:00 pm - 1:00 pm

COST: FREE!

This is a training module from Darkness to Light®.

During the training, you will hear compelling stories from experts & survivors about being an active bystander. You will also:

- Learn what it means to be an active bystander.
- Learn what actions you can take as an active bystander
- Receive examples of boundary violations and red flag behaviors.
- Learn how to make spontaneous and planned interventions.

[CLICK HERE to register for this free training today!](#)



[View more details on ABC House's Facebook Events page](#)



UPCOMING TRAINING OPPORTUNITIES

ORPARC



Regulating the Body with Sensory Based Interventions



Using movement & sensory based interventions to change behaviors is waaaaay more fun and successful than punishment, consequences, and rewards! We'll explore how emotion and behavior dysregulation can be related to a 'shaky foundation' in your child or teen's brain and how these interventions can only help.

Monday, November 15, 2021

In Part I, together we will:

- ✓ Understand how toxic stress and relational trauma impact the brain's foundation and how movement, rhythm, and sensory based interventions (along with relationship) can repair.
- ✓ Learn a system to help your child or teen learn to monitor (notice) & modify (change) their state of regulation (with your support FIRST - regulation always starts with coregulation).

Wednesday, December 15, 2021

In Part II, we'll bring it to life!

- ✓ This session will include video examples of movement, rhythm, and sensory play so you can better understand how to use movement, rhythm, & sensory interventions both in the moment of dysregulation as well the importance of implementing opportunities for movement, rhythm, and sensory play throughout your child and teen's day.

Attend one!
Or attend both!

About the Presenter



Robyn Gobbel, LMSW-Clinical, loves coffee, PINK, and everything about the brain. Robyn loves cultivating deep, resonant connections with anyone who is up for it, and is especially fond of all the grown-ups in the world who love and care for kids impacted by trauma—helpers, healers, educators, and parents. Her favorite thing ever (besides glittery coffee mugs) is teaching anyone who will listen to harness the power of neuroscience so they can cultivate deep, resonant connections. You can get your hands on all sorts of free resources at www.RobynGobbel.com, including her podcast, "Parenting after Trauma with Robyn Gobbel."

TWO PARTS	Attend one! Or attend both!	Time	REGISTRATION	Online Location
Part 1: Monday, Nov. 15		10:00am-1:00pm	https://conta.cc/307DEFC	Virtual Training Via Zoom* <small>*Zoom link will be sent to registered participants</small>
Part 2: Wednesday, Dec. 15		10:00am-1:00pm	https://conta.cc/2YqZWBP	

Questions? Contact ORPARC at orparc@nwresource.org or 800-764-8367



Continuing Education Credits through NASW Oregon Chapter are available for \$20.00. Please request credits when registering.

Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)

ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster) and assisted guardianship families, and DHS/SNAC adoption professionals, and other participants as space allows and welcomes attendees of all ethnicities, genders and sexual orientations. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.

FAMILY RESOURCES

CASA Online Learning Center (by Texas CASA) - Texas CASA has an excellent library of trainings and informational videos for advocates. Registration for their "CASA College" learning portal is required, but it is free and open to CASAs in all states.

[VISIT PAGE](#)

National Child Traumatic Stress Network - NCTSN offers a wide array of webinars and e-learning courses on best practices for helping children who have experienced trauma. Visit the link below to create an account for free access to training materials.

[VISIT PAGE](#)

Focus on Foster Families App - This app is designed to support foster children, youth, and their caregivers & advocates. Through video interviews and online tools, FOCUS on Foster Families helps users improve their skills related to communication, emotional regulation, problem-solving and goal setting.

[VISIT PAGE](#)

Oregon Family Support Network - OFSN is a statewide non-profit organization that supports families who are raising a child with significant mental health challenges. They provide education, support and advocacy for individual families and support systems.

[VISIT PAGE](#)

Oregon Post Adoption Resource Center - The OPARC provides services for Oregon DHS adoptive and assisted guardianship families. Services include information, assistance, referral, in-depth consultation, advocacy and support, and education and training for families and advocates.

[VISIT PAGE](#)

iFoster - Using iFoster's programs and services decreases family needs, improves child and caregiver well-being, improves life-satisfaction, improves grades, and can help youth successfully transition to independence. iFoster provides 100s of Resources through partnerships with hundreds of companies, government agencies and non-profits nationwide. Free and deeply-discounted products and services are available to meet your biggest needs.

[VISIT PAGE](#)

"IF YOU CAN HELP A CHILD, YOU DON'T HAVE TO SPEND YEARS REPAIRING AN ADULT."

- JOYCE MEYER

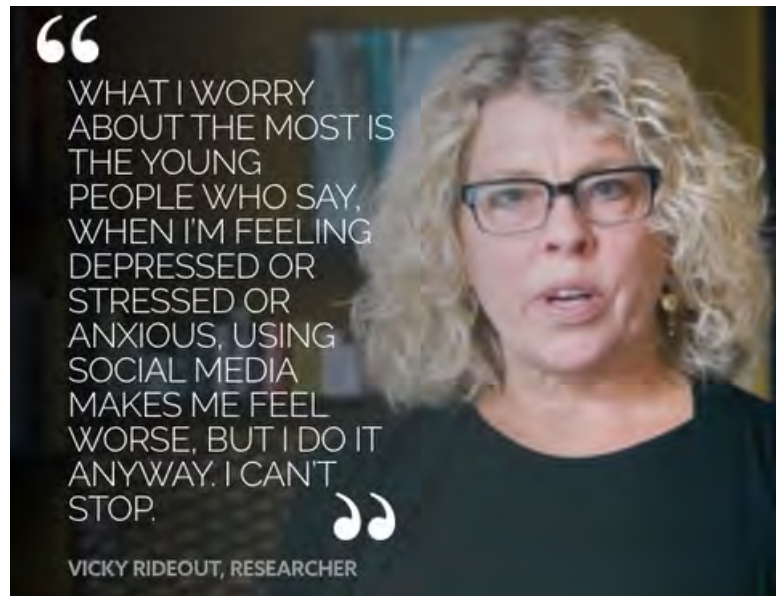
TECH TALK:

SOCIAL MEDIA'S CURRENT CONTROVERSY

Talking with kids about whistleblowing, mental health, and more

Adapted from "Tech Talk Tuesdays" by Delaney Ruston, MD

Recent weeks have seen a firestorm of social media controversy, with Facebook and its other companies going down not once, but twice! And former Facebook employee, Frances Haugen — the whistleblower who released key documents — gave an incredible three-hour testimony in front of a Senate hearing. Haugen was so eloquent and on point. I am so happy to have brilliant people like her and Tristan Harris working to promote policy changes in social media to protect our kids' (and our own!) mental health.



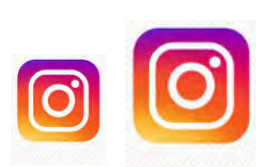
Around 2016, Facebook was talking about developing a Facebook-type product for youth younger than 13. Fortunately, there was pushback from the public, and this never came to fruition. Now we have learned that they have been thinking of doing the same thing for Instagram — making an Instagram version for kids younger than 13. But the public outcry worked, as they have halted efforts for now. Our voices matter, and helping our kids become more knowledgeable about the issues transpiring with these companies and platforms can help them become more vocal about these concerns.

For today's Tech Talk Tuesday, let's talk with our kids about the leaked papers that revealed that Facebook has been internally talking about how youth can have very negative emotions on social media but find it hard to pull away. I know this from talking with youth about this for 10 years. And in Screenagers Next Chapter, researcher Vicky Rideout talks about her research finding of this very point. She says,

"What I worry about the most is the young people who say when I'm feeling depressed or stressed or anxious, using social media makes me feel worse, but I do it anyway. I can't stop."



(CONTINUED ON NEXT PAGE)



TECH TALK:

SOCIAL MEDIA'S CURRENT CONTROVERSY

(continued)

When I was interviewing UC Berkeley researcher [Ron Dahl](#) for *Screenagers Next Chapter*, he told me his ideas about the phenomenon that teens are more likely to revel in negative feelings than adults:

“Adolescents are often doing the equivalent of putting their tongue in a toothache with their sadness... Sometimes what they want to do is explore their feelings, just like they like going to horror movies or riding roller coasters.

It's not because they like being afraid, but they're learning to master these strong feelings.

The only way to learn how to deal with strong feelings is to have some experience with them, and some of the proclivity to experiment with strong feelings may actually be quite adaptive. It may help us learn how to deal with those strong feelings.”

There is a lot from above to unpack at your dinner table or in the classroom. When we see things or have interactions over social media that tilt our feelings in a negative direction, what is that like? What are our thoughts? Do we ever purposely feed the negative by continuing on the platform?



IDEAS FOR CONVERSATION STARTERS ABOUT SOCIAL MEDIA AND MENTAL HEALTH:

- See if you can start today's discussion by sharing a recent time you (the CASA or parent) had a negative feeling related to social media. And did you stay on it, or were you able to stop?
- Now how would your child or teen answer that same question?
- What does everyone think about researcher Ron Dahl's theory?
- What do you think about the Facebook/Instagram whistleblower's findings? What changes, if any, do you think FB and IG should implement?

[\(Read the full article HERE at ScreenagersMovie.com\)](#)

EASY WAYS TO SUPPORT CASA-VFC THIS FALL



A fun, new way to help raise money for CASA-VFC! Download the FlipGive App and shop your favorite brands and online stores. Each company will then donate a certain percentage of your purchase to CASA-VFC. This is a convenient, fast and easy way to support our organization. Don't forget to share with your friends and family!

[LEARN MORE HERE](#)



Did you know that you can raise money for CASA-VFC by simply shopping on Amazon? If you have an Amazon account you can shop from the Amazon Smile website and they will donate 0.5% of your purchase to CASA-VFC. It's exactly like shopping on Amazon: Same items, check-out and pricing. Another great way to support CASA while you shop online!

[LEARN MORE HERE](#)





RESOURCES

Don't forget! We have tons of great resources for you and your kiddo(s). Please call or email if you are in need of any of the following items, and our staff will happily help locate them and gather them for pick-up!

Jackets

Shoes

Books

Clothing

Birthday Gifts

Quilts

Duffel Bags/Backpacks

Occasion/Holiday Gifts

Sports Equipment

If we don't have the item you are looking for, please let us know and we will try our best to find it for you!

TUTORING

We are excited to announce that CASA is now providing **Trauma Informed Educational Tutoring!** Please contact the CASA office for more information or to enroll your kiddo(s) for tutoring.

BIRTHDAYS

Help your kiddo(s) get ready for that special day! **We have gifts and cards available** at the office. Please contact our Service Coordinator, Alyssa, for more information.

**REPORT
CHILD
ABUSE** !

To report child abuse, please call these child abuse hotlines:

Local: 541-757-5019

Toll Free: 866-303-4643



Happy Thanksgiving

RESOURCE PARENTS!

Thank you

for the vital role you play
in providing for our
most vulnerable
population.

- CASA-VFC STAFF

CASA-VFC STAFF

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WE ARE HERE FOR YOU!

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