

CAPITOL COUNTY NEWS

The Official Newsletter of Capitol County Children's Collaborative



CCCC would like to keep you informed about our organization as well as community resources & events!



What's Happening at CCCC?

Capitol County Children's Collaborative is excited to announce our new Parent Workshop Series!

We will be hosting monthly parent workshops on a variety of topics. Our first workshop will be "Raising Resilient Youth in Challenging Times."

Besides the positive influence that parent engagement can have for children, it can also be important for parents themselves. By engaging in educational workshops, parents can learn more about their own children's development and learn valuable information and practical strategies to enhance parenting skills. They can also increase a parent's confidence in their ability to have a positive influence on their children.

Family workshops play a crucial role in the journey of recovery and mental health management. These sessions are designed to educate and empower families, providing them with the necessary tools and understanding to effectively support their loved ones.

Future workshop topics may include:

- Water Safety & Poison Prevention
- Understanding IEP's & 504 Plans
- Internet Safety & Security: Keeping Our Kids Safe
- Teen Dating
- Effects of Domestic Violence on Kids

As parents, we all want the best for our children...come to our parent workshop!

Raising Resilient Youth
in Challenging Times

PARENT WORKSHOP

JUNE 25TH
6PM-8PM
AT SKYZONE HAMILTON
[17 Quakerbridge Plz](#)
[Unit B, Hamilton, NJ 08619](#)

Presented by Society for the Prevention of Teen Suicide:
Kalisha Smith, LCSW

FOCUS OF PRESENTATION

- Building strength & resiliency in teens
- Current challenges for parents
- How to have difficult conversations
- Suicide Myths
- Risk factors & warning signs



Free admission for CMO enrolled youth!
Additional youth: \$10 per child (cash only)

REGISTRATION REQUIRED

Our annual Fill a Backpack Drive is underway! Promote learning, boost self-esteem, and help keep kids in school - Together We Can Make a Difference!

Our mission is to empower families to thrive independently. We believe children & their families are remarkably resilient, more capable of positive growth & development when provided with effective community-centered service & support.

As of June 2024 we are working with 1193 families in Mercer County! Help us help our youth return to school prepared and ready to reach their full potential as possible.

Donating goods is easier than ever! Click on [HERE](#) to purchase the goods you would like to donate. You will be emailed a tax receipt at the time of purchase. At the end of the drive all goods ordered online will be shipped directly to CCCC and given to youth & families at the annual School's Back ... Now What? event.

Thank you! Your contributions will strengthen our community by helping youth & families in need.



Out of Darkness Walk

CCCC is excited to announce that we will be participating in the Out of the Darkness Community Walk again this year!!! We are joining thousands of teams across the country to help save lives and bring hope to those affected by suicide.

Out of the Darkness-Mercer County NJ Walk

Date: 09/28/2024

Location: Veterans Park, Hamilton, NJ

Check-in Time: 9:00 am

Walk Start Time: 10:00 am

We are looking forward to having a great day in September and hope you will join us! Please scan the QR code to register to walk with us or to donate!

Out of the DARKNESS
COMMUNITY WALKS
American Foundation for Suicide Prevention

SUPPORT OUR TEAM!
**TOGETHER WE WALK
TO FIGHT SUICIDE**

QR CODE

SIGN UP TO WALK WITH CCCC ZERO SUICIDE TEAM OR DONATE TO OUR GOAL OF RAISING \$1000 FOR AMERICAN FOUNDATION FOR SUICIDE PREVENTION

VETERAN'S PARK IN HAMILTON
2206 KUSER RD ENTRANCE

REGISTRATION
9 AM

28 SEPTEMBER 2024

In Your Community

Join the Circus this Summer

Registration is Open! Summer sessions consist of three two-week sessions from 9AM-3PM on the following dates:

July 8

July 22

August 5

Join for a single two-week session or the entire series. This is a great opportunity to experience the magic that is Trenton Circus Squad! Lunch is included with this FREE program, open to youth ages 6-18. Visit TrentonCircusSquad.org for more information!



jump into summer at
SKY ZONE



enroll online
TODAY

SKY CAMP

Bi-weekly starting June 24
9am-5pm Monday- Friday
\$300/ week



Jump Into Summer at Sky Camp

Have an epic time at SkyCamp! Kids can have fun while staying active, with instructor-led activities like age-appropriate exercise and Ultimate Dodgeball. It's easy and hassle-free for parents: Drop 'em off and we'll make sure they have the best experience ever. SkyCamp includes Jumping, Art & Crafts, Outdoor Time, and Movie Time!

Summer Sky Camp Weeks:
Week 1: June 24th-28th
Week 2: July 8th-12th
Week 3: July 22nd-26th
Week 4: August 5th-9th
Week 5: August 19th-23rd
BONUS WEEK: August 26th-30th

Health, Wellness & Safety

Summer Heat and Medication Safety

As we enter the summer months, we would like to provide you with your family important resources about Summer Heat and Medication. Higher temperatures combined with certain psychotropic medications can put youth at increased risk for heat exhaustion and heat stroke. Help your family stay safe and informed with this resource!

Your **safety** matters most.

Some medicines make it hard for your body to cool off. ☹️ If you take certain medicine, you are at higher risk for heat exhaustion or heat stroke. Take steps to stay cool during hot and humid weather.

What medicines cause this problem?

A lot of medicines that help emotional and mental health make it hard for your body to cool off in hot weather.

Some of these medicines are listed here. Other medicines may also cause this problem. Talk to your doctor about the medicines you take.

- Abilify (aripiprazole)
- Clozaril (clozapine)
- Fanapt (iloperidone)
- Geodon (ziprasidone)
- Invega (paliperidone)
- Latuda (lurasidone)
- Risperdal (risperidone)
- Saphris (asenapine)
- Seroquel (quetiapine)
- Zyprexa (olanzapine)
- Haldol (haloperidol)
- Loxitane (loxapine)
- Mellaril (thioridazine)
- Navane (thiothixene)
- Prolixin (fluphenazine)
- Serentil (mesoridazine)
- Stelazine (trifluoperazine)
- Thorazine (chlorpromazine)
- Trilafon (perphenazine)

What can happen?

These medicines make it hard for your body to stay at the right temperature. When the weather is hot your body can get too warm. This can cause heat exhaustion and heat stroke. Heat stroke is serious and can cause death if it is not treated.

How can I stay safe?

Take steps to stay cool!

- Use **air conditioning** in your house, or spend time in a building with air conditioning.
- Keep **blinds or curtains closed** when the sun is out. Open your windows at night when the air is cool.
 - Drink **water** to stay hydrated.
 - Wear **light-colored , lightweight and loose clothes**.
- Plan exercise and outdoor activities for **cooler parts of the day** (early morning or evening).
 - Wear **sunscreen**





COMING SOON

Fill a Backpack Drive: June-August

Parent Workshops: Monthly; Next Workshop: July 9th

School's Back...What Now?: August 28th

Trenton's Back to School Extravaganza August 30th

Out of Darkness Walk: September 28th



Together
we can **make**
a difference.

