

CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 6



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

What's Happening at CCCC?

3 Year CARF Accreditation

We are proud to announce that CCCC has been awarded our second 3 Year CARF Accreditation. This accreditation represents the highest level of accreditation that can be awarded to an organization and shows our substantial conformance to the CARF Standards. During an on-site re-survey, we demonstrated to a team of surveyors our continued commitment to offering programs and services that are measurable, accountable and of the highest quality.

Fall Into Wellness Resource Fair

We would like to thank all the providers that participated in our Fall into Wellness Resource Fair on November 7th. Annual collaboration with the Family Support Organization (FSO) helps us bring resources to our youth, families and the community. Over 40 providers were hosted at the CMO and FSO offices this year.

A Meal on Every Table

Capitol County Children's Collaborative has collected donations for our annual "A Meal on Every Table" Thanksgiving drive. Every year we prepare, pack and distribute Thanksgiving Food Baskets for our local community of children and families in need of a holiday meal. We are grateful for all the donations provided by our community partners and CCCC staff. The donations allowed for us to provide over 100 families with a full meal for the holiday.

Spotlight of the Month

October 2019

Monique Gibson

Recognized for going above & beyond for her youth including supporting a youth & family after hours on several occasions as well as having great connections with her youth.

November 2019

Daniel Winter

Recognized for assisting a youth and family with transportation when in need

In Your Community

Stigma Free Mercer Task Force

To help fight the stigma of mental health and continue the goal of making Mercer County a stigma-free zone, Mercer County has developed the Stigma Free Mercer Task Force. The task force promotes the Stigma Free message in the community and through the development of strategies to encourage community-wide engagement. Together the task force will assist in promoting awareness of the causes and impact of mental health and SUD stigma. Stigma free community events and programs will be developed and promoted within each member's sphere of influence.

Winter Wonderland

Hamilton Township will be holding its annual Winter Wonderland at Kuser Farm Park. This beloved free annual event, which is a favorite among families with young children, includes exciting activities for children, such as:

- Christmas Tree Lighting Friday, December 6 at 6pm
- Food Drive: Non-perishable foods to be collected
- Toy Drive: Collection of unwrapped new children's toys
- Visit Santa's Village (free photo with Santa)
- Ride our "Holiday Express Train"
- Petting Zoo
- Tour historic Kuser Mansion (decorated for the holidays)
- Jersey Valley Model Railroad Club display (in Mansion basement)
- Take in the decorations and lights throughout Kuser Farm Park
- Visit Santa's Secret Workshop of crafters
- Make your own "reindeer food" to help direct Rudolph
- Musical Entertainment
- Food Vendors and more

Trenton Public Schools Rainbow Resource Drive

CCCC is proud to be sponsoring the Trenton Public School's 2nd Annual Rainbow Resource Drive! In an effort to break down barriers to regular attendance we will be providing rain gear, laundry detergent, toiletry kits and more to the youth and families in Trenton. There will be multiple community providers, music, crafts, food and much more! The Rainbow Resource Drive will be held at PJ Hill Elementary School on February 29, 2020. Please help us support the youth of Trenton by donating new umbrellas, rain coats, rain boots, laundry detergent and toiletry items! All donations can be dropped off at the CCCC offices:

UPCOMING EVENTS

December 2019

- Winter Wonderland @ Kuser Farm Park, December 6-7, 2019
- Managing Your Child's Behavior Workshop @ Children's Specialized Hospital, Hamilton, meets Mondays beginning December 2, 2019

February 2020

- Trenton Public Schools Rainbow Resource Drive @ PJ Hill Elementary School, February 29, 2020

Trenton Public Schools
Every Day matters
Rainbow Resource Drive
#EveryDayMatters_TPS #ParentsMatter_TPS #StudentsMatter_TPS
Registration Link: <http://espurl.com/dkv8TA>
Connecting parents to resources, services, rain gear and much more to encourage students' daily school attendance!
When: Saturday, February 29, 2020
Time: 10am-2pm
Where: PJ Hill Elementary School,
1010 East State Street
Contact Person: Denise Kreis, Parent
Coordinator/Homesless Liaison: 609-656-4900
x5670 or dhoiguin@trenton.k12.nj.us
Parent Consensus Every Day Matters
Did you know?
Students that attend school more regularly have a higher chance to excel throughout their education and careers!
Sponsored By: Ready, Set, Healthy!
 Capitol County Children's Collaborative ALL KIDS THRIVE
Made with PosterMyWall.com

3535 Quakerbridge Rd, Suite 800, Hamilton, NJ 08619. All questions or inquiries can be directed to Danielle Eveland at 609 584 0888 or develand@capitolkids.org. Community providers interested in participating in the event can contact Denise Kreiss, Parent Coordinator at 609 656 4900 x5670 or dholquin@trenton.k12.nj.us.

Health, Wellness & Safety

Mental Health & Wellbeing in the Winter Months

Wintertime can cause an increase in depression, which may lead to a decline in overall mental health. Though many people may experience mild forms of depression or sadness due to lower levels of sunlight, there are an estimated nine million Americans chronically affected by the change in season. This is known as Seasonal Affective Disorder (SAD), and it is significantly more common in women than men.

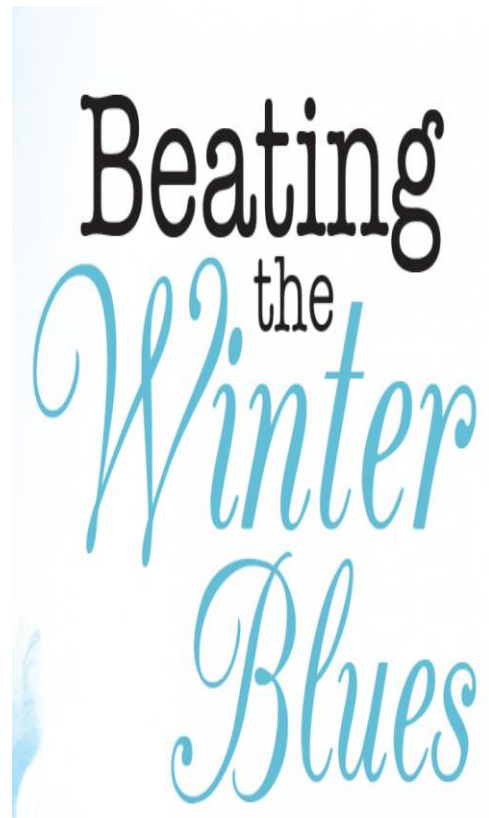
“When our mental well-being isn’t where it should be, we become even more susceptible to stress and illness. It is as important as ever in the winter to take a holistic approach to wellness, not only for our diets and physical exercise, but for our mental well-being, too.”

Here are some mental health and general wellness tips for winter so you can stay healthy during the colder, darker season:

1. Frequent Hand Washing
2. Head to a Sauna or Steam Room
3. Take Vitamin Supplements
4. Drink Herbal Teas
5. Sleep Better & Longer
6. Practice Meditation & Relaxation
7. Get Social
8. Plan a Vacation

Many of these tips are easy to implement in your daily life if you add them in slowly. And assessing your own health and well-being during the winter will help you to find your own areas for improvement.

Go to <https://www.pinnaclehealth.org/wellness-library/how-to-stay-healthy-during-winter/> for the full article that also includes great tips for Winter Weather Safety Tips and Diet & Exercise Tips for the Winter!





Capitol County Children's Collaborative
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For Referrals to:
-Local Mental Health Providers
-Care Management Services

Call 1-877-652-7624

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