



*CIRCUIT 20 KINSHIP NEWSLETTER*



**Welcome everyone ! Friendly reminder that we here at Childrens Network of SWFL are here to support you and your family in any way we can. Whether you are struggling with finding resources for your child's education or healthcare needs, or you just need a listening ear, we are here to lend a helping hand. Our team is committed to making a positive impact in the lives of children and families in our community. We believe that every child deserves the opportunity to thrive and succeed, and we are here to help make that happen. Please don't hesitate to reach out to us for support or information - we are here for you! Thank you for being a part of the Children's Network of SWFL family.**



## Mission

The Children's Network of Southwest Florida is committed to working with the community to protect children and preserve families.

## Vision

Building Strong Links for  
Children in Need.

## VALUES:

**Leadership** - The Children's Network of Southwest Florida embraces leadership guided by informed wisdom and common sense, with compassion.

**Integrity** - The Children's Network of Southwest Florida operates with integrity, honesty, and transparency.

**Advocacy** - The Children's Network of Southwest Florida advocates for safety, permanency and well-being of children and their families.

**Stewardship** - The Children's Network of Southwest Florida is an active steward committed to the efficient and effective use of resources.

**KINSHIP**

**NAVIGATORS:**



- Identify local resources that can provide support and help for kinship caregivers and the children in their care.
- Acknowledge the strengths of children and identify areas where they could benefit from additional support..
- Determine eligibility for any benefits Children's Network of SWFL or the government has to offer.
- Facilitate monthly support groups where caregivers can freely share their experiences and feelings as kinship caregivers.

**ANY QUESTIONS FEEL FREE TO REACH OUT  
TO:**

**GREG REYNA -**

**[greg.reyna@cnswfl.org](mailto:greg.reyna@cnswfl.org)**

**JODY-ANN FOSTER -**

**[Jodyann.foster@cnswfl.org](mailto:Jodyann.foster@cnswfl.org)**

# MAY IS MENTAL HEALTH AWARENESS MONTH



Mental Health Awareness Month is a time to raise awareness of the importance of mental health and wellness. It is also an opportunity to fight stigma and promote support for individuals with mental health concerns as well as for their support systems.

Based on Military Health System data for a yearly average of 1.5 million active duty service members (2017–2021) about:



## HOW CAN I DEFEND MY MENTAL HEALTH?



### PROTECT

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



### SEEK HELP

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



### OPTIMIZE

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do

# May Word Search

Can you find them all?



Dr.Strange  
Editor  
Dodgeball  
Celebration  
June

Summer Job  
Principal  
Gala  
Vacation  
Recipes  
Yearbooks

Parking Lot  
Grad Cap  
Asian  
Pacific  
Mental Health  
Royals

Bucket List  
Art Show  
Lance  
Seniors  
Beaches

The background of the entire page is a light yellow color. It is decorated with stylized tropical leaves. Large, light teal monstera leaves are positioned in the top-left and top-right corners. Smaller, vibrant green palm fronds are placed in the bottom-left and bottom-right corners. The text is centered on the page.

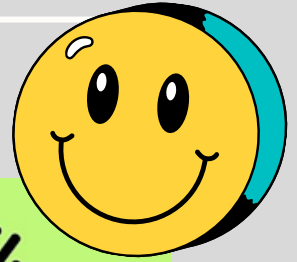
# Kinship Support Group

MAY 28TH AT

12:00PM-1:00PM

*PLEASE REACH OUT TO OUR  
KINSHIP NAVIGATOR FOR MORE  
INFORMATION AT  
JODYANN.FOSTER@CNSWFL.ORG*

# FAMILY ACTIVITIES



**FREE EVENT! SACK RACES, CHALLENGES, & MUCH MORE!**

**SATURDAY, MAY 18  
10AM-1PM**

**LOCATION: 3331  
TAMIAMI TRAIL EAST  
NAPLES, FL 34112 -  
COLLIER MUSEUM AT  
GOV. CENTER**



**SPOTS NEED TO BE  
RESERVED ON  
WEBSITE! CLICK HERE:**



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CLICK HERE:**

**FREE EVENT FOR  
CINCO DE MAYO!  
ACTIVITIES,  
CRAFTS AND FOOD!!**

**SATURDAY, MAY 4  
20AM-1PM**

**LOCATION; 1215  
ROBERTS AVENUE  
WEST IMMOKALEE,  
FL 34142**

# CAPE CARES FAMILY NIGHT

HOSTED BY CAPE CHRISTIAN

## MAY THE FOURTH BE WITH YOU

May 4th, 2024  
5pm-8pm  
@ Fellowship Park

**FREE STAR WARS  
THEMED EVENT  
FOR FAMILY!  
GAMES, SNACKS,  
ETC!**

**SATURDAY, MAY  
4TH  
5PM-8PM**

**LOCATION: 2110  
CHIQUITA BLVD S.  
CAPE CORAL**

**FREE EVENT!!  
FAMILY FUN FOR  
EVERYONE!!**

**SATURDAY  
MAY 25  
9AM-2PM**

**LOCATION:  
MERCOLA MARKET  
OF CAPE CORAL  
125 SW 3RD PL  
CAPE CORAL FL  
33991**



Macaroni KID Cape Coral, Florida

Macaroni KID Fort Myers - Fort Myers Beach

## MID-CAPE END OF SCHOOL BASH

**SATURDAY | 5/25/24 | 9AM - 2PM**

**FREE ADMISSION!  
BOUNCE HOUSE,  
MUSIC, YARD GAMES,  
LOCAL VENDORS,  
FOOD FOR PURCHASE,  
AND FAMILY FUN!**

**M** Mercola Market of Cape Coral  
125 SW 3rd Pl  
Cape Coral, FL 33991

**PLEASE RSVP ON WEBSITE  
TO PLAN ACCORDINGLY!  
CLICK HERE:**





# RESOURCES

## NETSMARTZ

NetSmartz, an online safety education program offers a variety of age-appropriate videos and activities designed to educate children on staying safe online. The program aims to increase children's awareness of potential online risks and empower them to make safer choices both online and offline in order to prevent victimization.

LINK PROVIDED:

<https://www.missingkids.org/netsmartz/home>



## COLLIER CARES

This service links individuals in need with essential resources and services in Collier County. It is accessible both online and through a mobile app, providing assistance for those seeking services or looking to offer help. It is a free, bilingual platform that is updated daily to ensure the most current information is available.

LINK PROVIDED:

<https://colliercares.org/cc/home>

