

CONNECTIONS

A weekly newsletter brought to you by

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Welcome to Connections!

Welcome, Kids Path Families! We are so glad you joined our new Kids Path Connections weekly email.

We recognize the lives of many families have been turned upside down since the beginning of the COVID-19 pandemic. We want you to know that the Kids Path counseling team is here and thinking about you. Our hope is that the Kids Path weekly email will provide families with information that is both useful and fun.

We will be sending a new email to you each Friday. Each email will have three different categories: children, tweens and teens, and parents and guardians. We also have a page devoted to resources. Resources will be updated on an ongoing basis, and include practical information such as where to obtain assistance with food, educational resources, and ideas for fun activities.



As families who have experienced the loss of someone important in your lives, we also recognize that your grief journey has been disrupted. Along with this loss, you may be looking at a change in income, a change in schedules, and working from home.

Children may also be missing classmates and friends and activities like sports, music lessons, and birthday parties. Teens may also be missing graduations and hanging out with friends. Parents may be homeschooling! Remaining physically distant from older family members may be difficult for everyone in the family.

All these changes can lead to a variety of feelings and anxieties for children, teens and adults. We hope that the Kids Path weekly email will reassure you that you are not alone, and that our counselors are here to provide support.

Children are incredibly resilient. Resilience grows stronger when children experience support and empathy through difficult times. In order to care for children, it is important that adults find some time for their own well-being and self-care. "Hope allows resilience," and we are hopeful that we will get through this time together.

Patti Gasparello

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