



Calendar
of
Activities

February

NOTES:

SUGGESTIONS
Please call us at 617-887-0076 or
send us an e-mail to
crfn@capicinc.org

2012

CHELSEA FAMILY NETWORK



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	NATIONAL CHILDREN'S DENTAL HEALTH MONTH		1 Caterpillars 3-5 years old 10 - 11:30am	2 Mentes Creativas 5 a 8 años 3-4:30pm	3 Support group for parents/free playtime 10-11:00 am 0-3 years old	4
5	6 Jojo's 1-3 years old 10 - 11:30am	7 Laughing & Rolling (EI) 10 to 11:30	8 Caterpillars 3-5 years old 10 - 11:30am	9 Yogaroo's 9:30 to 10:30 Mentes Creativas 5 a 8 años 3-4:30pm	10 Support group for parents/free playtime 10-11:00 am 0-3 years old	11
12	13 Jojo's 1-3 years old 10 - 11:30am	14 Registration Open for Playgroups Laughing & Rolling (EI) 10 to 11:30	15 Caterpillars 3-5 years old 10 - 11:30am	16 Mentes Creativas 5 a 8 años 3-4:30pm	17 Support group for parents/free playtime 10-11:00 am 0-3 years old	18
19	20 HOLIDAY CFN IS CLOSED	21 Laughing & Rolling (EI) 10 to 11:30 Stories & songs by parents (bilingual) 3-4 pm	22 Caterpillars 3-5 years old 10 - 11:30am	23 Mentes Creativas 3-4:30pm PARENTS BREATHE! Breathing techniques for relaxation ! 5:30 a 6:30pm	24 Support group for parents/free playtime 10-11:00 am 0-3 years old	25
26	27 Jojo's 1-3 years old 10 - 11:30am	28 Laughing & Rolling (EI) 10 to 11:30 Stories & songs by parents (bilingual) 3-4 pm	29 Caterpillars 3-5 years old 10 - 11:30am	CHELSEA FAMILY NETWORK PARENT/CHILDREN LIBRARY Did you know we have more than 100 titles available for you and you child. Come to our site and sign them out.		



CHELSEA FAMILY NETWORK



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WELCOME to our February Mini-Newsletter!!!

This is the National Children's Dental Health Month, if you want additional information you can visit the website www.ada.org or www.arch-mgh.org

DEPRESSION.....HOW CAN I HELP MYSELF?

- Learn more about the **signs of depression** to figure out if they apply to you and what you are feeling.
- **Reach out to a counselor**, doctor, minister, or other professional you trust about getting help. Learn how to see depression as an illness and talk to someone about it.
- **Get treatment.** There are many types of treatment, including talk therapy, changes in diet, paying attention to other medical problems (such as diabetes) that can put you at risk for depression, and medication. Talk to your doctor and reach out to your friends and family to find community resources that will work for you.
- **Know that change takes time.** Choose a professional and an approach to treatment that feels right to you. And stick with it. If you are not satisfied, discuss other options with your doctor or other mental health practitioner.
- **Believe in yourself.** Remember that it is possible to have depression and still be a good parent.

HOW DO I KNOW IF WHAT I FEEL IS DEPRESSION?

- **Unpleasant mood** such as sadness, anger, and tearfulness. Perhaps things that normally would be minor annoyances are very upsetting, such as a child spilling food.
- **Feelings:** exhausted, forgetful, disorganized, sad, full of rage, irritable, hopeless, maybe empty or numb. You may feel like you are "losing it" or feel "overwhelmed."
- **Behaviors:**
 - Forgetting appointments, details, or followup tasks.
 - Sleeping more or less than usual, having a hard time getting out of bed,

Continue.....

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- having trouble falling asleep, waking up early in the morning and not being able to get back to sleep.
- Eating more or less than usual with weight gain or loss of more than 10 pounds.
- Risky behaviors, including drug or alcohol use, as a way to numb out sorrow or pain.
- Isolation: withdrawing from friends and family; wanting to be alone; thinking people do not want your company; having a harder time using the supports that are available.
- Yelling or crying, then feeling guilty about "taking things out" on the children or others.
- Not being able to get things done like shopping, cleaning, getting meals on the table or the kids ready for their day. Not having energy to take a shower, wear nice clothes, do your hair, or put on make-up.
- Not enjoying things that used to make you feel good like a hobby, time with the kids, family get-togethers, or sexual intimacy with your partner.
- **Different sensations:** Some people describe a "heaviness" or pain in their body or their heart. Some people very depressed might hear voices or see shadows that are not there.
- Thoughts:** negativity, forgetting positive qualities, low self-esteem, or "getting stuck."
- Other symptoms include harsh self-criticism, feelings of worthlessness, and thoughts like "No one likes me. Maybe they are talking about me, criticizing me, or laughing at me.
- People with severe depression** can have thoughts about ending their lives. If you or someone else is having these thoughts, call 911 or go to an emergency room immediately.

HOW CAN I HELP MY FAMILY?

By making even a simple change, you are helping the people you love.

- **Take care of yourself** as an important part of taking care of your family.
- **Talk to your family** about your depression and make sure they know the illness is not their fault.
- **Provide a safe and secure environment** for your child.
- **Routines and guidance** help children feel safe.
- **Build your child's self-esteem** through praise and encouragement.
- **Consistency is important.** Make sure your child attends school every day and enroll him or her in quality after-school activities.
- **Encourage your child's relationships** with his or her friends and other caring adults.
- **Use your resources.** Ask a partner, friend, or relative for help in watching your child or with transportation to school or activities.

Excerpt taken from the Short Paper "Parenting through Tough Times: Coping with Depression" from the Family Connections Materials. www.childrenshospital.org