

TIPS FOR EMBRACING BALANCE & WELL-BEING

10 REASONS TO JUMP START YOUR FAMILY'S

WELLNESS

GOALS FOR THE SUMMER:

- ☒ Summer is a great way to start something new!
- ☒ 'Good intentions' alone is not a strategy- have a plan
- ☒ Growth starts from self-awareness, have personal and family goals
- ☒ Life is a series of trade-offs of give and take
- ☒ In a chaotic world, goals provide focus and efficiency
- ☒ Setting and achieving goals builds confidence!
- ☒ Goals help you unlock your potential and inspire others in your family
- ☒ Goals give us knows in an unknown world
- ☒ Goals allow us to become who we want to become
- ☒ Goals contribute to happiness, contentment and purpose

Use these tips to get started on summer wellness!

A Healthy Media Diet:

5 Steps to a Healthy Media Diet

21 Day Family Challenge:

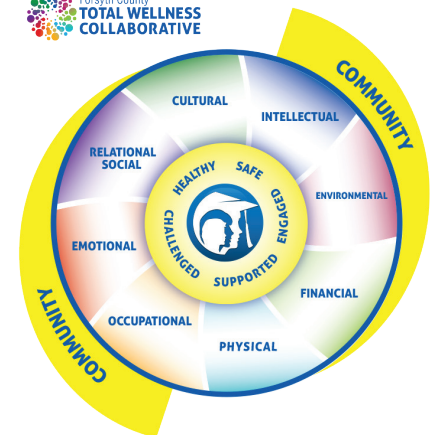
Healthy Habits = Healthy Families

Tips to Keep Family Connected:

At-Home Tech Tips To Keep Your Family Connected To Each Other

Healthy Family Activities for Families:

10 Activities for Family Wellness



Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.



Some parents will be looking for activities and day camps for children to attend as they feel comfortable. There are also plenty of virtual camps and activities for those interested. Here are websites who frequently update local camp openings for Summer 2020:

Special Needs Summer Camp

alpharetta.macaronikid.com

cumminglocal.com

canton.macaronikid.com

activityhero.com/in/cumming-ga

forsythco.com

dojodifference.com

i9sports.com

pinecrestacademy.org

ymcaatlanta.org

outoftheboxartstudio.com

unitedfa.org



A NEED FOR CULTURAL AND ENVIRONMENTAL WELLNESS

TWC shares in your grief, sadness, and concerns with the issues we are facing in America. We want better days, calmer times, and an opportunity for long-lasting change in cultural and environmental wellness. Sad, but true, recent tragic events are not new to us. The tragedy of George Floyd is a symbol of a haunting past that continues to be ever-present. Although, at times, it appears we have made progress in addressing these injustices, however, the continual reappearance of these situations indicates that much work is needed.

Cultural and environmental wellness can be key to building the moral and ethical character of our community. Education, interpersonal connection, personal impact, and respect are effective strategies to build and sustain change. TWC is committed to remaining steadfast in working with our partner agencies and other organizations in advocacy for all children and families in our community so that they can experience an educational journey free from prejudice, injustice, and inequities.

Below are some helpful resources:

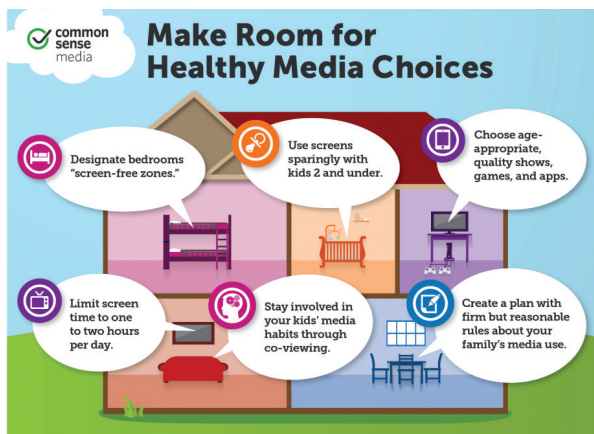
[Teaching Tolerance](#)

[FCS Diversity Equity & Inclusion Initiative](#)

[Helping Schools Reach New Heights](#)

[Association for the Study of African American Life and History](#)


Healthy Media Habits



Is it safe to send my child to child care during COVID-19?

Source: Datta Munshi MD, FAAP






Teaming up to bring meals to families in need!
 Each week, for every Taco Kit sold, Moe's will give one to a local family in need through its partnership with Family Promise.

If your family is in need and would like to receive a family meal kit,
 Moe's Build Your Own Taco Kit serves 4 - 6 people, perfect for a family. Comes with 12 soft flour tortillas, 2 proteins, lettuce, shredded cheese, pico de gallo, rice, beans, sour cream, and a bowl of Moe's famous queso to share.

EACH MONDAY, you will need to register through the link on the Family Promise of Forsyth County website to receive a meal that week.

Each Monday morning, we will find out how many meals have been donated. The link will go live once we know that number. Meal sign ups are first come, first serve.

Sign up link is now active for this week!
 Meals will need to be *picked up* at your specified time at the *Family Promise Daycenter* on your *designated day* of that week via minimal/no contact drive thru.

To sign up, visit:
fpforsyth.org



[Click here](#) to check out online story time and more with the Forsyth County Public Library.