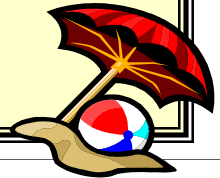


# Friends For Hope

June 2010



## Tips For Stress-Free Summer

The summer is a joyous time when loved ones come together. But for many families, the summer can also be a time of stress and frustration, sometimes unintentionally resulting in an increased risk to the child.

Prevent Child Abuse Texas offers the following tips to help families enjoy the summer while keeping tension to a minimum:

1. Establish a budget for summer spending. Be realistic about what you can afford to spend on entertainment, special foods, travel, etc.
2. Hold a family meeting to discuss summer plans. Ask for ideas from the children for family activities that would appeal to them.
3. Post a calendar of family activities in a place where all family members will see it.
4. Check community calendars and local lists of events to find inexpensive or free activities for children. Write all possibilities on individual slips of brightly colored paper and put them in a "summer fun jar." When children have been especially cooperative with other family members, allow them to choose a slip of paper from the jar. Then, the family can enjoy an afternoon of fun activity together.
5. Have your children make a list of elderly or shut-in neighbors in your area. Plan to share a meal, some of your time, or run errands for these neighbors. Explain to children that helping and sharing are important elements.
6. Find time to relax and reflect on the simple joys of the summer. When you feel yourself becoming overwhelmed, take a break to get a better perspective on what *needs* to be done and what *can* be done.
7. If you find that it is becoming difficult to avoid being verbally or physically harsh with your children, STOP. Don't take out your anger on your kids. Instead, try the following:
  - *Take a deep breath and count to 20.*
  - *Phone a friend.*
  - *Take a walk outside, or use another form of exercise.*
  - *Laugh. Even a comedy show on television will help relieve stress.*
  - *Spend one hour doing something you really enjoy.*



## Kids Movie Day will be returning:



Parents keep watching the sign in front of the Hope Chest for the dates and time of the Disney Movie Day for the kids. This was a very successful project this past summer that the children seemed to enjoy, so we are excited about doing it again this year.

## The Hope Chest

The Hope Chest has great gift ideas. We have summer items in stock now including celebrity inspired handbags, sunglasses, and jewelry. We also carry travel and make-up bags for you to have on that upcoming vacation.. There are many treasures in the thrift store just waiting to be taken home. Please stop and see what all we have today.

*New Lower Prices on Circle E Candles*

Hours: Monday through Friday 12:00 to 6:00



**Our counselor has appointments open for the summer months. If you are in need of Christian counseling, please contact the office and let us schedule you an appointment with Leslie. Counseling hours are 9-5 on Mondays, Tuesdays, Thursdays, and Fridays.**

## **Board of Directors**

**Vicky Fisher-Pres.  
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**The miracle is this...  
the more we share,  
the more we have.**

**Thank you board for giving of your time and energies to make Friends For Hope the best it can be.**



Our Mission.... Friends For Hope provides safety, security, and restoration of hope for people in crisis.



**Summer Changes:**

During the summer months – Friends For Hope will discontinue the HEROES class as well as PEACE meetings. Both programs will begin again once school has started back. The ESL classes will also take a break for the summer months. We are looking for a volunteer or volunteers to teach our beginners ESL class. We are disappointed to say that our current teachers Bob and June Welch have left Big Lake in order to take a church in Alaska. Although we are definitely going to miss them, we understand that they have been called by God to fulfill a plan that he has set forth. We wish them the best. If you are interested in becoming a teacher for the ESL class, please contact the Friends For Hope office.

**Congratulations!!!  
Class of 2010**



**May Memorials**

Memorials and Honorariums  
Memorials and Honorariums can be made to Friends For Hope at any time throughout the year.

In Memory of:  
Paula Neff  
Dick Bowman  
Dick Bowman

Given By:  
Dale & Vicky Fisher  
JM Cox Employees  
John & LaRee Agee

**May Honorariums**

In Honor of:  
Sammy Dodd

Given By:  
John & LaRee Agee

**May Private Donations**

County of Reagan—Jury Donations  
Vicky Fisher  
Ann Schneemann  
Leslie Davidson Ministries  
Bethel Baptist Church  
John & LaRee Agee

**Legal Aid Clinic**

Appointments are now being taken for the next legal aid clinic which will be held in July. You must schedule an appointment.

**Please call today!**

**884-9804**

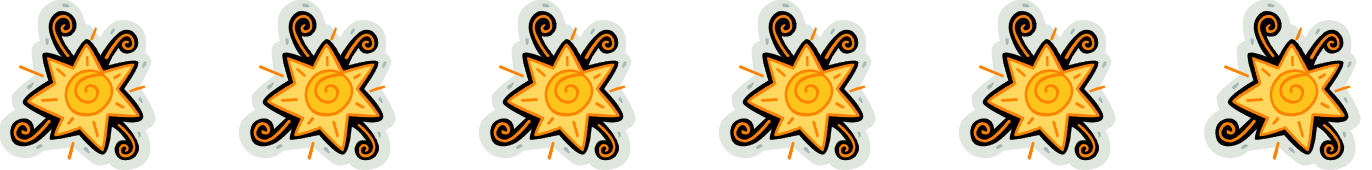


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Visit our website at  
[www.friendsforhope.org](http://www.friendsforhope.org)



The Staff at Friends For Hope is here to  
assist you in any way possible.  
Carrie Day –Executive Director  
Jamie Barton– Office Assistant  
Volunteer-Leslie Davidson, Christian Counselor



**Have a Happy and  
Safe Summer!!!!**

