



## Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents



*Funded by the Montgomery County Office of Drug & Alcohol*

We are living through an unprecedented time, and we are all feeling stress and anxiety.

**Aldersgate Youth Services Bureau** is committed to helping families manage these complex times. Located in Willow Grove, PA., Aldersgate offers counseling, behavioral health support, drug and alcohol prevention & intervention services, and school-based social and emotional learning educational programming. Aldersgate also provides Student Assistance Programming (SAP) in schools throughout Eastern Montgomery County. Each week, we will be helping families work together to manage this crisis by offering fun and engaging activities and useful resources to build positive family communication, help children recognize and name emotions, and identify appropriate coping strategies.



### Aldersgate's Awesome Activities Edition 7: Social Justice Family Resources

The past two weeks have seen our country in turmoil and unrest over the killings of George Floyd, Breonna Taylor, Ahmaud Arbery, and so many others. As we come to grips with systemic racism and discussions of the role of police in our communities, emotions and conflict are at an all-time high.

This can be especially difficult for children to understand, but it is not too early to have these important discussions about race as a family. We've included a guide from the Anti-Defamation League which offers activities to help begin these challenging but critical conversations with your child.

This has been a difficult time for everyone, and news of riots and unrest, especially in the midst of a global pandemic, are no doubt incredibly stressful for both children and parents. Children already struggling with mental health concerns such as anxiety, trauma or loss may be dealing with increased feelings of fear, worry, and uncertainty. Listen to your child and give them a safe space to share their feelings. It's important to remind your child that they are safe, but don't dismiss their fears and anxieties. Remind your children to share their feelings and worries, and encourage them to practice mindfulness and deep breathing to help them manage complicated feelings. As parents, please take time to practice self-care and self-compassion, and do what is needed to maintain your own mental health. That may involve turning off the news, taking a social media break, and engaging in fulfilling coping strategies such as music, exercise, or meditation. Remember, you are the best role model for your child.

Laura Shapella, M.Ed.  
Aldersgate SAP Counselor/Liaison

### Other resources

<https://www.rebekahgienapp.com/anti-racism-resources-parents-teachers/>  
<https://www.apa.org/res/parent-resources/engaging-my-child>  
<https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html>  
<https://www.woojr.com/learn-about-juneteenth-for-kids-a-celebration-of-freedom/>  
<http://www.raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice/>  
<https://www.parents.com/parenting/better-parenting/advice/how-to-teach-your-kids-to-fight-hate-an-age-by-age-guide/>  
<https://rageagainsttheminivan.com/2020/06/black-voices-who-have-shaped-us-redefining-perfect-with-glennon-melton-selfie-episode-131.html>

### Books for children:

- *Hair Love* by Matthew A. Cherry
- *Sulwe* by Lupita Nyang'o
- *I Am Enough* by Grace Byers
- *All Are Welcome* by Alexandra Penfold
- *The Day You Begin* by Jacqueline Woodson
- *Separate Is Never Equal: Sylvia Mendez and Her Family's Fight for Desegregation* by Duncan Tonatiuh
- *Through My Eyes* by Ruby Bridges
- *If A Bus Could Talk: The Story of Rosa Parks* by Faith Ringgold
- *Early Sunday Morning* by Denene Millner and Vanessa Brantley-Newton
- *Martin's Big Words: The Life of Dr. Martin Luther King, Jr.* by Doreen Rappaport
- *Black Women in Science: A Black History Book for Kids* by Kimberly Brown Pllum PhD

### Aldersgate Welcomes Your Thoughts & Feedback

Survey

**We Create Success Stories**



Services can be accessed by calling 215-657-4545 or @ [info@aldersgateservices.org](mailto:info@aldersgateservices.org). If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

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**Contact us for more resources:**  
**Deborah Sapin-Feldstein, Executive Director**  
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**Email: [info@aldersgateservices.org](mailto:info@aldersgateservices.org)**

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