



One Family at a Time...



**Boys & Girls Homes of North Carolina
Community Based Services**
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Volume 2, Issue 2 - Spring, 2016

Cultural Calendar:
For more info, visit
ncculturalevents.com
www.ourstate.com
www.visitnc.com
festival.net

**March 25-26, Southport, NC
Spring Festival**

**April 8, Greenville, NC
Pirate Fest**

**April 6-10, Wilmington, NC
NC Azalea Festival**

**April 9, Goldsboro, NC
Pig in the Park at Old
Waynesborough**

**April 12-13, Maneo, NC
Daffodilly Fest**

**April 15-17, Hollister, NC
Haliwa-Saponi 51st Pow-wow**

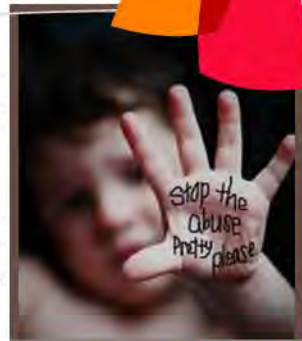
**April 22-24, Mt. Olive, NC
NC Pickle Festival**

**April 22-24, Fayetteville, NC
NC Dogwood Festival**

Join us for Light the Lake Child Abuse Prevention Walk Thursday, April 26 ~ 6:00 until 7:30 pm

April is Child Abuse Prevention Month! Awareness and education are important steps toward prevention. As part of that effort, we will be participating in Pinwheels for Prevention. 126,822 children were referred to local DSS agencies for possible abuse and neglect since July, 2014 (partial year data). Twenty Five children died at the hand of a parent or care giver in the year 2013. Child Abuse is a serious issue that impacts all of us. The Pinwheels represent a bright future for our children and our community. We want all children to live in stable, loving and stimulating environments~at home, at school, and in the community. We will be planting our annual pinwheel garden on the grounds of Huntersville cottage and invite you to plant your own mini garden. **#PassThePinwheel** with us and generate some buzz through social media. Make sure you upload pictures to our facebook page.

To help bring awareness, we invite you to join us in a brief candlelight walk followed by a reception with light refreshments. We will start our walk in front of Huntersville/Foster Care Office. Please invite your family and friends as together we can accomplish much! We would LOVE to have as many of our foster families as possible walk with us.



**April 30, Cary, NC
Spring Daze Festival**

**May 6-8, Kernersville, NC
Spring Follies**

**May 6-7, Kinston, NC
BBQ Festival on the Neuse**

**May 7, Dunn, NC
Music Festival**

**May 7, Smithfield, NC
Ham & Yam Festival**

**May 13-14, Wallace, NC
Carolina Strawberry Festival**

**May 21-22, Pink Hill, NC
Pink Hill Rose Festival**

**May 28, Lowell, NC
Lowell Freedom Festival**



Dr. Seuss Reading Celebration!

**April 26 ~ 5:00 p.m.
Huntersville Cottage
Pre-K (4) ~ 9 years**

Make plans to join us beginning at 5:00 p.m. for a very special Pre-Event Dr. Seuss Reading Celebration. There will be a time of crafts, games and story time led by the students and advisors of Harnett County High School Key Club. This group of wonderful students led a celebration for us in 2014 during our Spring Foster Parent Training Event. We are very happy to have them once again. The children had a wonderful time! Make plans to walk with us at 6:00. p.m.





Health & Nutrition

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Healthy Ways to Eat a Rainbow



Spring is our favorite rainbow-spotting month. When you are planning a spring family picnic, this rainbow inspired meal is a fun and healthy way to enjoy food in the outdoors, or a light indoor lunch or dinner. 1. Rainbow wraps. Finely grate or shred veggies. Humus or chicken salad go well with the veggies. 2. Rainbow fruit cups. Adorable and portable. You can add some fresh whipped cream or yogurt. Yum! 3. Rainbow Sandwich Bar. Kids will LOVE making their own sub sandwich bar. How awesome is the buffet of ingredients in rainbow colors? 4. Rainbow soup. It's still chilly enough to enjoy a delicious bowl of soup. Purple potatoes would be a fun and tasty addition. 5. Alphabet Rainbow Pasta Salad. Pasta salads are great vehicles for eating tons of veggies. We love the idea of using alphabet shaped pasta! Let your kids help choose an assortment of veggies to include.

Training Opportunities

Please remember that it is mandatory to have 20 hours of training at re-licensure (every two years). 10 of those hours must be training facilitated by BGHNC. MAPP classes are now underway in Fayetteville and Winterville, NC with a class beginning soon in Raleigh, NC. For specific dates and times please contact your licensing worker or the office at 910.646.3083 (ext. 261). We will also begin frequent IN-SERVICE Trainings to enhance your learning opportunities.

Tracey Starling, Trainer/Recruiter will hold an in-service training every 3rd Monday of the month. The meetings will be held upstairs in our Fayetteville location, conference room B. **First UP! Join Tracey on March 21 from 6 until 8 p.m. The topic will be building Self Worth in Children.**

Join LeAnne Graham at the Lake Waccamaw campus on Thursday, March 17 from 6 until 8 p.m. This in-service training will feature a guest speaker from Stand Against Trafficking. Mr. Larry Gore will join us to speak on sex trafficking and children. Watch your mailboxes for more details from LeAnne.

Join Anna Scharff at the Raleigh office on Thursday, March 17 from 6 until 8:30 p.m. for updates on MARS, RX's, etc.

April is Child Abuse Awareness Month ~ Why You Should Report?

Reporting suspected child abuse can be the first important step in stopping the abuse and protecting a child from future harm. By reporting, you are helping the family get services they need. Failing to report suspected case of abuse may result in continuation of the abuse. Because child abuse rarely stops without intervention and help, it is the law that every citizen report suspected child abuse and neglect. You can help stop the cycle of abuse by notifying your county DSS, Child Protective Services Division, when you suspect that a child is at risk. You may also call 1-800-354-KIDS. Your report can be anonymous.

www.preventchildabusenc.org

Safe Ways to Be Angry....

Kids often react to abuse by becoming angry. You have a right to be angry about what happened to you. While it is ok to be angry, it is not okay to express your anger by hurting yourself or someone else. It is very important to find safe ways to show your anger. 1. Do an anger dance. 2. punch pillows 3. Write a letter telling how angry you are. You may or may not decide to mail it. 4. Get some exercise; go for a run or hit a ball against a wall. 5. Do a silent scream. 6. Talk to a therapist or someone you trust. 7. Talk yourself into being calm: say, "be calm, be calm", or "I can handle this", 8. Visualize yourself calming down. 9. Get a hug or give a hug. 10. Think of a peaceful place or look at a picture of a peaceful place.



Our Mission: Boys and Girls Homes of North Carolina is dedicated to providing a comprehensive array of residential and community based services to meet the needs of vulnerable children by addressing their physical, social, educational and spiritual development.

Have a blessed Easter!

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