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SPIRIT MOUNTAIN
PROPERTY SERVICES

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Paid ad

Positive Affirmations

build your parenting confidence!

I am a great _____

- Mom/Dad
- Aunt/Uncle
- Grandma/Grandpa

I am strong and creative, I will figure this out!

Parenting is a journey and I am learning along the way.

I don't need to know the answers to everything. Parenting is a process.

It's not easy juggling so many roles. I know that I'm doing the best I can.

This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.



SERVICES OFFERED:

Children's Clothing
Women's Clothing
Men's Clothing
Blankets
Free Dog & Cat Food

Diapers and Toilet Paper
Emergency Hygiene Kits
Camping Supplies (Tents, Tarps, Wood)
Small Appliances and Household Items
Toys

SEASONAL PROGRAMS

Backpack & School Supply Giveaway
For children ages K-12 at the start of school

Christmas Shop
Adults can pick out 1 new gift for each child in their household. Children can shop for 1 gift for each adult in their household.

The Grand Ronde Clothes closet is located on the Tribal Campus near the Elders Activity Center at the end of Blacktail Drive. The Clothes Closet accepts donations in clean and good condition. Please put donations in plastic bags for sanitation purposes and drop them off during open hours. Please use the Community Board to post large items. For more information or emergency clothes, please contact Lori Walker-Hernandez at (559) 847-7565.

Fee assistance

Enrolled Tribal members can request assistance with test fees (i.e. GRE, SAT, LSAT, ACT) and admissions application fees.

Contact Higher Education for more information at 1-800-422-0232, ext. 2275. ■

"We don't have to do it all alone. We were never meant to."
-Brene Brown

iLAUNCH presents

Mental Health Texts!



On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.


Text JOIN to
(971) 318-3459



13 POSITIVE PHRASES TO HELP YOUR KIDS LISTEN

POSITIVE PARENTING ENCOURAGES GOOD BEHAVIOR AND REASSURES THE CHILD THAT, EVEN WHEN THEY MAKE MISTAKES, THEY ARE ALWAYS LOVED.

1. "You are very helpful." or "You are a hard worker."
2. "You are kind and gentle."
3. "What do you need to remember?"
4. "Let's try _____ instead."
5. "What did you learn from that?"
6. "Use an inside voice" or "talk a little quieter."
7. "You did it all by yourself!"
8. "Would you like to do it yourself or can I help you?"
9. "I'll wait for you to finish."
10. "How can you solve this problem?"
11. "First, take a breath and then you can ask for what you want."
12. "Thanks for listening to me!"
13. "I love you no matter what!"



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