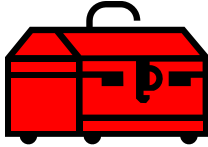


CMH Toolbox

Resources for building better lives



Look inside for
our up to date
Camp Resource
Guide
&
Pharmaceutical
Guide.

FREE Summer Activities for You and Your Family

If you're strapped for cash but want to do fun things with your family, have no fear there are plenty of opportunities throughout the greater metro area! Typing in "free things to do in Minneapolis or St. Paul" in any internet search engine results in a plethora of options all around the Twin Cities.

Do you want to enrich your child's understanding of art, music, history, or transportation? Consider one of the following:

- "The Museum Adventure Pass" is available to any library card holding member in the metro. It provides either 2 or 4 passes to an array of museums and parks. You can either call, go online, or stop by to pick up the passes. Go early and often to get the best opportunities at tickets. You can only pick up one set at a time, but once used, additional tickets can then be picked up. Go to all 23! (See a list of museums on page 2.)

- Tours at the State Capitol are always free and offer the opportunity to "personalize politics." In addition to an indoor tour, drop 2 bucks for the guided self-tour brochure and learn the history behind all the sculptures and memorials outside. Call 651-296-2881 or go online to www.mnhs.org/places/sites/msc for more information.

- The library has always been a fun free entertainment option. Check out a new book, take in a puppet show, or jump on the internet for some time away from the stress. You can also check-out older movies and DVDs from the library!

- Another cultural event to consider is a free concert at Orchestra Hall. The next scheduled event, "Casey and the Bat," is on May 19. Check out other opportunities this summer by logging on to www.minnesotaorchestra.org

- The Children's Museum offers free admission on the third Sunday of every month. Call 651-225-6034 for more information.

- Call your local bookstore to find out when they offer story time. Have a seat and find out what Pinkalicious is doing this time... What David is being told NO! about today... or what Dr. Seuss character is coming to life!

Do you like to spend time outdoors?

Walking the chain of lakes (Calhoun, Harriet, and Lake of the Isles) in Minneapolis is always a great way to spend a weekend day. Check out the band shell calendar at Lake Harriet and stay for some evening music or walk around Lynwood Rose Gardens, at 4124 Roseway Rd. Also, while you're in the uptown area, who could miss an opportunity to check out the Sculpture Garden, located adjacent to the Walker Art

(Continued on page 2)

Managing Stress in Difficult Times

Inside this issue:

| | |
|------------------------------|---|
| Summer Camp Guide Insert | |
| Prescription Guide Insert | |
| Free Summer Activities | 1 |
| Managing Stress | 1 |
| Fraser | 2 |
| Tips for an Exceptional Life | 3 |

As talk of tough economic times increase, it seems that more and more of us are feeling additional stress. Although at times, we may feel anxious and overwhelmed, everyday stress can be managed. Just as it is important to be aware of and manage our own individual stress, it is imperative to recognize that your children may also be feeling increased stress as a result of the economy. Here are some ways for parents to help children during these difficult economic times from *Sticking Together When Times Get Tough* taken

from www.preventchildabusenc.org

Times are tough
The economy is faltering; jobs are less secure; prices are high. The stress of dealing with these issues doesn't just affect you. Your child is likely to notice your increase stress level, as well as any changes to your family's routine. The news is not all bad: These tough times provide a great opportunity to teach your child about money basics and a chance to reconnect as a family over some fun but inexpensive activities. Sticking together during tough times will ultimately help you emerge as a stronger

family when the economy does rebound.

How Stress Affects Families

What your kids want most is your attention. Unfortunately, your own stress can affect the interactions you have with your child. It might come in the form of a snippy answer to a question, in putting aside play time, or maybe in an urge to lash out to those closest to you. If you are feeling stressed out, step back and take a deep breath. Pause before you react to your child so that your reaction can be a calm one. If you need a break, take one. If

(Continued on page 3)

FREE Summer Activities, cont.

(Continued from page 1)
Center?

If you're in the southern metro, drop in to the Minnesota Valley National Wildlife Refuge in Bloomington. Call 952-854-5900 or go to www.midwest.fws.gov/minnesotavalley for more information. Another great place to check out is Minnehaha Park in South Minneapolis. While you're there visit the Princess Depot, a historically busy stop on the major streetcar route of the early 1900s.

Three Rivers Park District has parks located all over the Twin

"I have found the best way to give advice to your children is to find out what they want, and then advise them to do it.."

Harry Truman

Cities. Parking is always free and you can access walking trails and picnic areas. For a small fee you can access swimming beaches, equipment rental, dog parks, and family programs. Log on to www.threeriversparkdistric.com or call 763-559-900 to hear park options. There are also a ton of local city and Anoka County parks offering walking and biking trails, picnic tables, and some free beaches. Pack up some sandwiches and have a picnic at one of our great parks this summer!

Do you have little tykes at home needing to just get out of the house?

www.minneapolis.about.com lists local coffee shops that are family friendly and provide children's play areas. You get a cup of coffee and some relaxation... the kids gets to run around. If your kids are a bit older take them to a free Home Depot workshop; they

get practice creating something cute and then get to take the project home! Most workshops run the first Saturday of the month in the mid-morning. Call your local Home Depot to find out about upcoming events.

Do you have older teens around the house?

Acme Comedy Club (18+) has an Open mic night every Monday and has no cover charge.

Is it getting too expensive to eat out with the whole family?

Most area restaurants have times that "Kids Eat Free" during the week. Call ahead and find out what day, what the age limits are, and what times. Checkout some of these local spots- TGI Friday's on Monday nights, Perkins and Old Chicago on Tuesday nights, IHOP, and Bakers Square ... just to name a few!

Fraser is expanding services in Anoka



Fraser Anoka has been providing services to the north metro community for more than six months. The staff at Fraser Anoka includes mental health practitioners and licensed mental health professionals. The expansion into Anoka is part of an effort to make Fraser services available to all metro area families within a 35 minute drive. With the Anoka site, Fraser is one step closer to that goal. Fraser is Minnesota's longest-running, largest provider of autism services. Fraser programs are nationally recognized for their high quality and innovative delivery models. Fraser provides comprehensive services individualized to each client. Services provided at the Anoka office includes pre-assessment care planning, mental health assessment and treatment, skills training, parent guidance, social skills group, education, and visual consultations. The long-range goal of this program is to



Tickets are available at your local county Library and are FREE with your library card.

Organizations that offer 4 FREE tickets:

- American Swedish Institute
- Bell Museum of Natural History
- Como Park Zoo and Conservatory
- Minneapolis Institute of Art
- Minnesota Museum of American History
- The Landing- Minnesota River Heritage Park (formerly Historic Murphy's Landing)
- The Museum of Russian Art
- Weisman Art Museum

Organizations that offer 2 FREE tickets:

- The Bakken Museum of Electricity and Magnetism
- Hennepin History Museum
- Historic Fort Snelling
- Minnesota History Center
- Minnesota Landscape Arboretum
- Minnesota Zoo
- The Works: A Technology Discovery Center
- TRACES Museum Center for History and Culture
- Walker Art Center
- Sirens, Signals, and Whistles Pass: (2 tickets for 1 at the museum's listed below)
 - Firefighters Hall and Museum
 - Minnesota Transportation Museum Jackson Street Roundhouse
 - Twin City Model Railroad Museum

FREE Training ADHD - Deal with It!

The Anoka County Children and Family Council is sponsoring a free training May 14 for parents and youth, 5th grade and older, on attention disorders, called "ADHD—Deal with It!" The seminar will be taught by 18-year-old Benjamin, who has ADHD, and one of his parents, Jack or Cindy Woodcock.

Details:

Thursday May 14, 2009
6:30 – 8:30 p.m.

Coon Rapids City Center-Room B,

[11155 Robinson Drive NW,](http://11155RobinsonDriveNW)

Coon Rapids, MN

RSVP to Jenny Green, phone

763-656-1365 or email

jgreen@alexandrahouse.org.

maximize each child's developmental potential while improving functioning in a variety of environments. For more information call 612-331-9413 or visit www.fraser.org



Stop to enjoy the beautiful things in life.

18 Tips for Dealing with Stress and Tension

1. Recognize your symptoms of stress.
2. Look at your lifestyle and see what can be changed -- in your work, your family situation, or your schedule.
3. Use relaxation techniques - yoga, meditation, deep breathing, or massage.
4. Exercise - Physical activity is one of the most effective stress remedies around!
5. Time management - Do essential tasks and prioritize the others.
6. Watch your diet - A diet with a balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health.
7. Get enough rest and sleep
8. Talk with others - Talk with friends about what is bothering you.
9. Help others - Volunteer work can be an effective and satisfying stress reducer.
10. Get away for awhile - Read a book or watch a movie. Leave yourself some time that's just for you.
11. Work off your anger - Get physically active.
12. Give in occasionally - Avoid quarrels whenever possible.
13. Tackle one thing at a time - Don't try to do too much at once.
14. Don't try to be perfect.
15. Ease up on criticism of others.
16. Don't be too competitive.
17. Make the first move to be friendly.
18. Have some fun!! Laugh and be with people you enjoy!

Managing Stress During Difficult Times, cont.

(Continued from page 1)

you need a helping hand, ask for it.

Talking to Kids about the Economy

Your child probably notices your stress even if you are trying to hide it. Be careful not to make overly dramatic statements like, "We have no money!" To you, that may mean a month without eating out, but your child may interpret it to mean that the family is in danger. You can explain your situation to children in age-appropriate and reassuring terms. For example: *Mommy is not going to work right now because there was a change at her company. But, don't worry; I'll go back to work soon. Right now, things are more expensive, so it is important for us to spend money only when we really need to.*

Teaching Kids about Money

Tough economic times provide an opportunity to teach your child

important lessons about money and spending. Teach your child the difference between a need and a want. Pencils and paper for school are needs; a new lunchbox or cool new jeans are wants. Teach your child about making choices with money, and allow your child to help with those choices when appropriate. Say, for example: *We have enough money in our fun budget to go see a movie or go out for pizza. Which would you like to do?* Letting your child earn an allowance through chores helps teach the connection between work, money, and saving. These basic lessons will help you explain to your child why you need to make certain choices when it comes to the family budget.

Inexpensive – or Free – Fun!

The tough economy provides a great opportunity to reconnect with your child and focus on fun family activities. Local parks and

school playgrounds are a great place to spend an afternoon playing and getting important, stress-reducing exercise. Visit your local library for reading time or to check out books to take home; most libraries also offer free children's activities. Board games, coloring time, and even games your child makes up offer low-cost fun at home. Remember, time together is one of the most valuable things you can give your child.

"Remember.....

no one is in charge of your happiness except you.

Dr. Alan Zimmerman

Tips for an Exceptional Life

Up Your Attitude

- Remind yourself that even though life isn't fair...it's still good.
- Don't waste your precious energy on gossip, issues of the past, or troubling things you cannot control.
- Focus on all the good around you...at this very moment.
- No matter how you feel, get up, dress up and show up...with a smile.

Live Your Life on Purpose

- Write down your goals. You'll always accomplish more.

Keep Things in Perspective

- However good or bad a situation is, it will change.
- Before you panic with every problem that comes your way, ask yourself, "In five years, will this matter?"

- Make peace with your past so it won't spoil the present or mess up

your future.

- Don't compare your life to others. You have no idea what their journey is all about.
 - When you are feeling down, start counting your blessings. You'll be smiling before you know it.
 - If you want to feel rich, just count all the things you have that money can't buy.
- ### **Build Your Relationships**
- Agree to disagree once in a while. You don't have to win every argument.
 - Forgive often. Life is too short to waste time hating anyone.
- ### **Take Care of Yourself**
- Take a walk every day. And while you walk, smile. It is the ultimate anti-depressant.
 - Eat breakfast like a king, lunch like a prince, and dinner like a pauper.

Dr. Alan Zimmerman

Anoka County
 Children's Mental Health
 3300 4th Ave N. Bldg #9
 Anoka, MN 55304

Phone: 763-712-2703
 Intake: 763-712-2722
 Fax: 763-712-2728

We're on the Web
www.anokacounty.us
 You'll find Children's
 Mental Health under help
 for families, individuals,
 seniors, youth



Brought to you by the Children's Mental Health Newsletter
 Committee: Sandy, Angie, Denise, Julie, and Gena.

Fun Homemade Recipes for Kids

Summer Camps



Look into:

- YMCA
- Community Education
- Church
- School
- Star Tribune Camp Guide
- Our updated summer camp guide.

Edible Modeling Dough

peanut butter
 powdered milk
 honey
 (a bit of flour for consistency)
 Combine equal parts of peanut butter, powdered milk and honey together. Think of the texture of play dough and add enough flour to get that "hold-together" feel.

Bubble Solution

1/3c dish soap or baby shampoo
 1/4 c water
 2 tsp sugar
 1 drop food coloring
 Combine ingredients and pour into an unbreakable bottle. To blow bubbles, experiment using plastic straws, pipe cleaners formed into loops, spoons with

holes in them, and other items you think of.

Eggshell Chalk

This chalk is for drawing on sidewalks only, not for chalkboards.
 6 eggs shells
 1 tsp very hot tap water
 1 tsp flour
 Wash the eggshells well, so they don't have any egg left in them. Dry them and grind them with a clean rock on the sidewalk or other concrete surface. Grind the eggshells into a fine powder. You'll need one soup spoonful of this powder to make a stick of chalk. Sift or pick out any little bits of eggshell that are still not ground up and throw them away.
 Scoop the powder into a cup or paper towel and bring it into the house for the next

part.
 Stir the flour and hot water together in a small dish to make a paste. Stir in eggshell powder and mix well. Add a few drops of food coloring if you want colored chalk.
 Shape this mixture into a chalk stick. Then roll it up in a strip of paper towel and set aside to dry, about 3 days. Then just peel the paper off one end and you're ready for some sidewalk art.
 For really big sticks of chalk, try making 3 times this recipe, and stuff the mixture into an old toilet paper tube. When it's dry, you can peel away the cardboard as you use it.