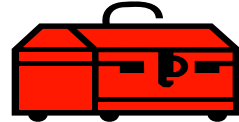


CMH Toolbox Resources for building better lives



NOVEMBER 2005

Ideas for Stress Free Holiday Gift Giving

Of all the needs of children during the holiday season, enjoyable time with their families is the most important. Gift giving and receiving is also important and fun. If you have the time to relax and enjoy all the details, gift giving can be the best part of the holidays. Here are just a few gift giving ideas.

When you shop for children, look for toys that are durable, washable, have no sharp points or edges, encourage creative play, and continue to be useful even when some of the pieces are lost.

You will find that most toys are labeled according to age range, but toy experts say that most manufacturers "label up," which means they recommend that toys be used by slightly older children than is truly appropriate. For a more realistic estimate, take

six months off the lower age number and a year off the top.

Here are some gift ideas for children broken down in age ranges.

Infants

- ♥ Cloth blocks
- ♥ Baby mirror
- ♥ Bristle blocks

1 to 3 year olds

- ♥ Appliance box with doors and windows cut in it
- ♥ Box of adhesive bandages
- ♥ Real flashlight and batteries
- ♥ *Gift-wrapping ideas for toddlers: tie bells to ribbon and make the paper easy to unwrap.*

4 to 6 year olds

- ♥ Office supplies in a homemade executive briefcase

- ♥ Homemade balance beam
- ♥ Ticket for a ride on the light rail system

Grade School Children

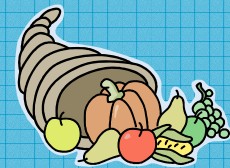
- ♥ Simple instrument
- ♥ Real cooking equipment
- ♥ Ticket to a favorite sporting event

Teenagers

- ♥ Book of movie tickets
- ♥ Telephone credit card
- ♥ Subscription to a magazine in a prospective career field or one of general interest

These ideas were taken from *Unplug the Christmas Machine* by Jo Robinson and Jean Coppock Staeheli (1991)

Anoka County Food Shelves



**Anoka County
Brotherhood Council**
serves NW Anoka County
763-422-0046

CEAP*
763-783-4930

**Centennial Community
Food Self**
serves NE Anoka County
763-784-1971

Linwood Community Food Shelf
serves north Anoka County
763-784-1971

Mount Olive Lutheran*
763-421-7156, ext 106

**North Anoka County
Food Shelf**
763-434-7685

SACA
serves south Anoka County
763-789-2444

*serves all Anoka County

POST (Program Opportunities Supporting Transition) Program Update

The POST program continues to expand its role in working with youth with mental health needs.

The TAPS (Transition Age Planning and Screening) team meets monthly to assist staff from social services and juvenile corrections in

planning future services for youth, ages 16-23, who need additional resources.

Free monthly workshops continued to be offered:

- *Mental Health:*
Part I "Understanding your diagnosis"
Part II "Understanding

your medication"

- *Chemical Health,*
- *Financial Needs* – two part workshop

For more information, please call 763-712-2703.

The newest component of the POST program is the establishment of a

transitional housing task force. This group is actively working on recommendations for the development of a continuum of housing resources. This is a priority of the POST program for the year 2006.



ANOKA COUNTY
CHILDREN'S MENTAL
HEALTH

Rum River Human Service Center
3300 4th Ave N., Bldg #9
Anoka, MN 55303

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

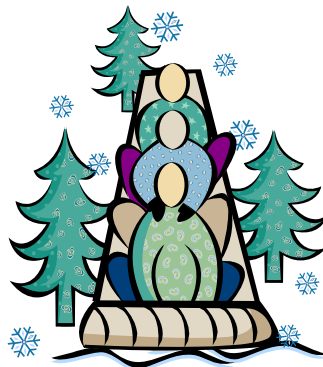
Simplifying the Holiday Season

The holiday season should ideally, be a time for good cheer. But for many it is a time for loneliness, sadness, anxiety, depression, and family conflict. People often feel a sense of relief when the holidays are over. It's sad to think that most people are looking forward to the end of this season, when it could be a time for celebration, thanksgiving and family reunion.

Listed are some things that all of us can do to make this a better holiday season for you and those around you:

- * De-commercialize your Holidays - give homemade gifts

- * Keep your sugar intake low
- * Get outside and exercise
- * Don't control your family members
- * Do something for others, not just your own family
- * Remember to reflect on your good fortune, focus on the present.



Help improve mental health services for children in Anoka County by joining the Children's Mental Health Advisory & Coordination Council.

Membership represents consumers, parents and service providers.

Meetings are held the second Tuesday of every other month beginning in January from 3:30 to 5:00 p.m.

For more information call
763-712-2703