

Jan.
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HEALTHY PATRIOT

GWA COUNSELING NEWSLETTER

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2024 GWA Parent Seminars

January's Parent Seminar has been canceled due to scheduling conflicts but we will resume our Parent Seminars in February.

Please save the following dates for our last two Parent Seminars of the school year:

- Thursday, Feb 29th @ 6pm
- Thursday, Apr 4th @ 6pm

We will be welcoming some guest speakers from the community to talk about various mental health topics. More information to come.

ADHD Resources for Families

The number of children who live with ADHD may be higher than you think.

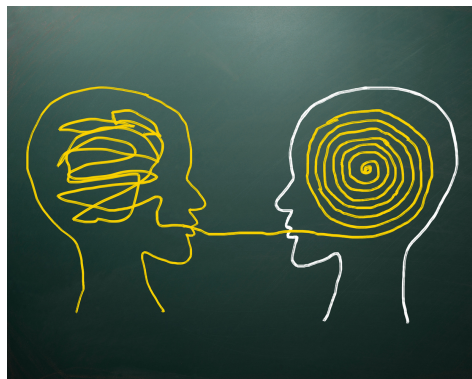
Here are some resources to check out if you think your child may benefit from receiving more support for their ADHD symptoms.

- [Parenting a Child with ADHD](#)
- [ADHD Resource Center](#)
- [Parents Guide to ADHD in Children](#)



CHARACTER STRONG - VALUE OF THE MONTH: **PERSEVERANCE**

We are looking forward to focusing on *Perseverance* this month. One way to think about *Perseverance* is “pushing yourself through challenges and obstacles.” *Perseverance* is a practice that can help us keep going when we feel like giving up. We all experience challenges in our lives. It is important to develop tools that help us work through those challenges. Click [here](#) for some fun ways to teach *Perseverance* at home.



Leader in Me - Habit #5: *Seek First to Understand, Then to Be Understood*

Don't pre-judge others. We need to know more about people to better understand them. Understanding others takes time and effort. We must seek to understand their unique qualities like their experiences, abilities, perspectives, likes/dislikes, etc. The more information we have, the less likely we will be to pre-judge others.