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E-Communique

March 25, 2025

Boost Your Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is essential to your overall health and quality of life. Check out [31 Tips](#) from Mental Health America to boost your Mental Health.



Fun Activities to Do with Kids at Home

Whether it's a weekend or a rainy day, there are lots of ways to keep kids inspired and active at home. Creative activities, games, and DIY projects can help banish boredom while teaching kids visual, tactile, listening, and problem-solving skills. Here's a list of our [top 10 fun activities](#) to do with kids at home.

Using Positive Affirmations to Uplift Your Child

Positive affirmations are a powerful tool to boost self-esteem. Affirmations encourage positivity, positive thinking, and positive energy, all of which are key ingredients in developing resilient, confident individuals. This [article will guide you](#) through creating positivity at home and how to incorporate affirmations into your child's daily routines.



Fun Afterschool Programs

The [YMCA](#) welcomes everyone. The “Y” inspires kids to reach their full potential, prepares teens for college and career, provides opportunities for families to bond and support people of all ages and backgrounds. The Y offers financial assistance to families and a military discount to veterans and military families. And that's just the beginning. To locate a YMCA close to you go to [Find my Y](#).

The [Boys and Girls Clubs](#) provide a safe and supportive environment for youth ages 6-18. A positive place where kids can make friends, have fun, build confidence, and grow. They provide fun after-school activities at a low cost. Families have opportunities to apply for full or partial scholarships at each location. Check out the different sites and locations across the State.

[Boys and Girls Club of Truckee Meadows](#)

[Boys and Girls Club of Southern Nevada](#)

[Boys and Girls Club of Elko](#)

[Boys and Girls Club of Laughlin](#)

[Boys and Girls Club of Western Nevada in Carson City](#)

[Boys and Girls Club of Winnemucca](#)

How are We Doing?

Did we help you? We want to know. Take this quick [survey](#) and share your thoughts and suggestions about Nevada PEP and the services we provide. Your feedback helps us to improve so we can better meet the needs of families.

UPCOMING WEBINARS **LIVE** **ONLINE**



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

Desarrollo del IEP para Satisfacer las Necesidades de Su Hijo

martes, 25 de marzo

5:00 – 6:00pm

Únase a nosotros para conversar sobre la educación especial y los pasos a seguir en las reuniones de IEP, incluyendo la manera en que los padres pueden colaborar con el equipo y participar activamente en el desarrollo del programa de educación individualizado de su hijo.

[REGISTER NOW >](#)

Behavior & Discipline in Schools

Tuesday, April 1

5:30 – 6:30pm

Participants will learn the components of the discipline process under IDEA and gain strategies that can help children with their behavior. Understanding Positive Behavioral Supports, Nevada's laws on Aversive Interventions, suspension and expulsion policies will give participants information on how to help children reach success.

[REGISTER NOW >](#)

How Is My Child Reading?

Thursday, March 27

5:30 – 6:30pm

Do you worry about your child's reading? You will learn how children learn to read and how to partner with the school on reading improvement. Do not miss these strategies that

Six Tips That Turn No's Into Yes's

Thursday, April 3

5:00 – 6:00pm

Are you tired of being told "No" when trying to get help for your child? You are the expert on your child, and you understand your child's needs best. Learn how to get the needed

help children become good readers!

REGISTER NOW >

Developing the IEP to Meet Your Child's Needs

Monday, March 31

5:00 – 6:00pm

Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the development of their child's individualized education program.

REGISTER NOW >

supports and services with these six amazing strategies!

REGISTER NOW >

Help Your Child Focus on Learning

Tuesday, April 8

5:30 – 6:30pm

Does your child struggle with focus and attention? Do they have trouble staying on task at home and at school? This workshop will provide tips to improve your child's focus, learning and positive behavior.

REGISTER NOW >

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).

Learning About Feelings

Teaching your child about their emotions will help them become [mentally strong](#). Children who understand their emotions and have the coping skills to deal with them will be more confident. Here are some tips that parents can use to [teach their children about their feelings](#).



Can My Friend Be Bullying Me?

Friends will sometimes disagree. Friends will sometimes hurt each other's feelings, have an argument, or simply need time away from one another. This is normal and can happen in any friendship, no matter how close. If you are experiencing treatment from a friend that hurts you and you have asked that friend to stop, but it continues, then that is not friendship. Hear from other

students about [friends being bullies](#). For more information go to our [#SafeAllies](#) page. Join our [Take Steps to Stop Bullying](#) on demand webinar to learn more.

Substance Use and Co-Occurring Mental Disorders

[Substance use disorder](#) (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. For parents it's important to start a conversation about drugs and health, here are the [10 most frequently asked questions](#) from young people during [National Drug and Alcohol Facts Week](#).

Early Childhood Inclusion

Six Ways to Teach Respect to Preschool Children

It is hard to remember that children aren't born with a built-in sense of respect for others. Children need to be taught to be respectful. Modeling respect is one of the easiest ways to teach children to be respectful. However, here are some [quick and easy ideas](#) on how to teach respect to young children.

What Is ARFID?

ARFID stands for "avoidant restrictive food intake disorder." ARFID is a relatively new eating disorder that looks very different from other eating disorders like anorexia and bulimia. Kids with ARFID aren't worried about how much they weigh, though they sometimes do lose too much weight. Instead, they have rigid and restricted eating habits for other reasons. Learn more in [English](#) and [Spanish](#).

SELF

With a step-by step guide for your personal development, the SELF will help boost your self-esteem, self-confidence & mental health. Improve your self-help skills and manage stress and anxiety with features including introspective journal questions, breathing exercises, daily positive affirmations and motivational quotes, and daily self-care routines.





APP COMPANY: [My True Value](#)

Raise an Emotionally Resilient Kid

Learn ten powerful strategies to nurture your child's emotional resilience and set them up for a future of confidence and success in facing life's challenges. Learn these ten [great strategies](#).

Military-Connected Children News

Moving Overseas in the Military

Summer is typically the time for military families to move to a new base; some families may already have orders to move overseas. Moving is never easy but moving overseas is even more difficult, especially if you have a child with a disability. It's important to know as much as you can about overseas schools. The [Directory on Early Intervention, Special Education and Related Services in OCONUS Communities](#) is filled with valuable information about the schools. It explains the levels of support in overseas communities for military dependents with special educational needs.

Suicide Proofing Your Home

Many youth today are struggling with their mental health, such as depression. According to the Nevada Coalition for Suicide Prevention suicide is the first leading cause of death for Nevadans ages 12-19 and second leading cause of death for ages 20-44. In these stressful times, parents might want to think about Suicide Proofing their home. This brochure is in [English](#) and [Spanish](#) which offers tips and ideas for keeping your family safe.

Youth MOVE Nevada Update

The past month has been full of opportunities for Youth MOVE Nevada to advance youth voice at the systems level. We sat down with Mujtaba Shahzad, a Las Vegas youth who has started his own non-profit, for a [podcast episode](#) discussing youth mental health and the importance of speaking out about topics that are important to you. As always, our weekly [youth-led meetings](#) are open to those across Nevada between the ages of 14 and 24. We also encourage you to follow us on [X](#), [Facebook](#), and [Instagram](#)!



How to Help Kids Deal with Embarrassment

For grown-ups, minor embarrassments are no big deal. But for kids, being embarrassed can be very upsetting. Kids look up to parents to see how to behave. When you feel embarrassed, set an example by responding calmly and keeping your cool. Read more in [English](#) and [Spanish](#).

PLANNING FOR THE FUTURE

Building a strong support network is an important step in maintaining your well-being, especially as you prepare for adulthood. Whether you're looking for emotional support, practical advice, or just someone to talk to, having a solid group of people in your corner can make a big difference. If you're wondering where to start or how to strengthen the support you already have, [this guide](#) is a great place to begin!

Mindfulness Exercises

If you've heard of or read about mindfulness meditation — also known as mindfulness — you might be curious about how to practice it. Find out how to do [mindfulness exercises](#) and how they might benefit you.

Statewide Family Network News

With federal changes underway and Nevada's legislature in session, many families want to stay informed and share their voices. At the state level, the

[Children's Advocacy Alliance maintains a bill tracker](#) that follows legislation impacting children. If you would like to learn more about how to testify at a legislative session, check out [this resource](#).



Support Nevada PEP at Smith's

Helping Nevada PEP is easy! Simply enroll your rewards card by going to [Smith's Inspiring Donations](#). Once you're successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)

Support Nevada PEP with a recurring donation!

Help our organization by donating today! All donations go directly to making a difference for our cause.



[Donate Now >](#)



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