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E-Communiqué

June 25, 2025

Celebrating Excellence
NEVADA PEPsi
Strengthening Families with
Education • Empowerment • Encouragement
30
EST. 1995
Years Supporting Families

Celebrating 30 Years

Join PEP and Be the Difference July 1 - August 31

All 30th Anniversary Members
Will Receive a Special
30-Year Commemorative Gift

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30 Years

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Is It More Than Just Moodiness?

Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you are not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression. This Infographic in [English](#) and [Spanish](#) may offer some useful information.



10 Free Ways to Relax and Bond with Your Child

Day-to-day stress can make it hard to find time to have fun together — but it's important for every member of the family. Try these free and easy ideas for relaxing and bonding with your child. [Click here to learn more.](#) Our Families SHARE Facebook page is a place for families to connect and share their experiences with other families. Join [TODAY!](#)

Digital Literacy & Cybersecurity Training

Worried about online scams or keeping your info safe? Don't wait — join us for this [FREE must-attend training](#) that will give you the tools to protect yourself online. 📅 Thursday, June 26 at 5:00 PM — Digital Literacy & Cybersecurity Training hosted by The Arc Nevada and led by The Arc Nevada's Executive Director, Michelle Gorelow.

Scan QR code or [visit the link](#) to register!



What is Nevada 211?

[Nevada 211](#) connects individuals and providers to essential health and human services resources. The call specialist can help you find local services you need, such as housing, food, utility assistance, transportation, and childcare. It is a free, confidential service. The call center is open M-F 9:00 AM – 9:00 PM (PST) and closed on major holidays. Dial 2-1-1, or text 898211, or [search online](#). Calls are answered by trained call specialists who specialize in helping people find the services they need. To learn more about Nevada 211 check out the [Frequently Asked Questions](#). You can download the [211 App](#) or download the Nevada [211 Youth App](#), designed to help youth 12-22 looking for health or social services in Nevada, download both Apps for free. The [Provide Website Feedback](#) page gives individuals the opportunity to share any concerns or suggestions that could improve the website.

Beyond Books: 6 Fun Things for Kids to Read

During the school year, typically kids read most of the day. So, in the summer they may not want to read traditional books at home, especially [if reading is hard for them](#). But there are lots of other things kids can read to get their practice in — and even have fun doing it. Here are [six ideas](#) that can make reading fun.

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

Coffee Tea and IEP ([In-Person Workshop](#))

Reno Office

Thursday, June 26

10:00am-11:00am

Don't miss this small group in person learning opportunity for families! This guided interactive discussion will explore the special education process and encourage meaningful participation in IEPs. You'll leave with new ideas that encourage high expectations that lead to success for students with disabilities. **Please call 1-800-216-5188 to register.**

How Is My Child Reading?

Monday, June 30

5:00 – 6:00pm

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 help children become good readers!

[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](#).

Self-Care Tips for Parents

Parenting is a full-time job, and many parents prioritize their family's well-being before their own. When we can meet our own mental and physical needs, it benefits our well-being and our children. Hear from Dr. Lisa Damour, Sonali Gupta, and Dr. Hina Talib on how they prioritize self-care. Read the [Parent Self-care Tips](#).



What Are the Long-Term Effects of Bullying

Bullying is upsetting, anxiety-inducing, and challenging to deal with when it is ongoing. Childhood bullying, which takes place during crucial developmental years, can be particularly devastating once the victim reaches adulthood. Many people don't realize that their emotional and psychological suffering often stems from unresolved trauma brought on by bullying. That's why it's essential to know all about the [long-term effects of bullying](#). Check out [#SafeAllies](#) for information on "[What Can I Do About Bullying?](#)" and "[What Are My Rights?](#)".

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.



10 Teaching Patience Activities for Kids

We all know that sometimes children find it challenging to wait for things. This is a struggle not only for the child, but also for the adult who wishes to teach their children how to be more patient. As difficult as it may be, it is not impossible; teaching patience activities can do wonders to your child's need for instant gratification. Here, are some [activities](#) that you can do together.

Summertime Fun

Summertime is family time. Now that school is out this is a great time to do fun family activities. Something as simple as shopping together, reading together each night, or even cooking a meal together routinely in the summer, can have huge benefits to the child and family life, reduce stress, and improve family relationships. Here is a list of [100 summer fun ideas](#) for kids and parents to enjoy.

Meditation Time

The Meditation Time app helps you stay present with customizable timers, soothing sounds, and gentle mindfulness chimes. It includes guided meditations, simple teachings, and special modes for deeper practice—making it easy to bring more calm and focus into your day.



APP COMPANY: [Meditation Time](#)

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.

Military-Connected Children News

Military Connected Youth and Bullying

According to the [U.S. Department of Defense](#), in 2023 there were 1.5 million children and youth with parents who serve in the active-duty military, National Guard, and Reserve forces. Military-connected children and youth face unique challenges that may impact their risk for bullying. Read more [here](#).

Youth MOVE Nevada Update

In honor of Pride Month, this [resource](#) offers guidance for youth on how to connect with others and feel a sense of belonging. Our weekly [youth-led meetings](#) provide a safe space for all youth to find support and connect with peers! Open to young people across Nevada ages 14 to 24, these meetings explore topics like mental health, self-determination, and speaking up for yourself. Give us a follow us on [Instagram](#), [Facebook](#), and [X!](#)



Quick Guide to Substance Use Disorder

Substance use disorder is a mental health condition in which kids or teenagers use drugs or alcohol in unhealthy ways. This can include addiction, using substances in ways that interfere with their lives, and doing dangerous things because of the substance. Read about symptoms, diagnosis and treatment, in [English](#) and [Spanish](#).

PLANNING FOR THE FUTURE

Summer is a great time to work on developing or improving [soft skills](#). These skills, such as communication, problem-solving, or time management are essential because they support positive relationships, school success, and long-term independence in work and life. It is never too early or too late to start preparing for the future. [This article](#) from ADDitude has some great ideas for summer activities to build these skills and develop greater independence. For more tips and resources on preparing for the future, contact your Nevada PEP specialist.

Statewide Family Network News

Sharing your family's experiences can help decision makers improve services for everyone. One great way to do this is by speaking up during public meetings. Parents can attend the [Clark County](#), [Washoe County](#) or [Rural Children's Mental Health Consortium](#) to hear what is being discussed in your community and give public comment. To learn how to get involved and share what your story, contact Britt Young at 775-448-9950 or byoung@nvpep.org.

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