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E-Communique

May 26, 2026

Help Us Reach Our Goal - Get Your **Green Ribbon**

Donate **\$5 or more** to choose your own **green ribbon** from our virtual [Green Ribbon Giving Grid](#), upload a photo, and personalize it as your own. Every ribbon helps raise awareness for children's mental health and brings us closer to our goal. Your support truly makes a difference. Be sure to explore our [Swag Bag](#), filled with helpful resources, fun games, and an awesome playlist you can download.



 **We Did It!** 

After years of Nevada PEP's advocacy and collaboration, statewide **certification for family peer support** is here.



We are proud to launch the **Family Peer Support Network of Nevada (FPSNN) program**, a statewide center of excellence in family peer support, providing training and technical assistance to support this new workforce.

Check out our new [FPSNN webpage](#) to learn more about how to become an FPSS or FPSS-Supervisor or bring services to your organization.



Easy Kids Crafts

Fun crafts for summer. These 50+ quick and easy kids crafts can be made in under 30 minutes using items that you probably already have around the house! Check out these [great crafts](#) for the family to have some fun and enjoyable time together.

New Research Reinforces the Need for Daily Recess

New [guidance](#) from the [American Academy of Pediatrics \(AAP\)](#) emphasizes that active play is essential. Research shows students need multiple daily breaks, including at least 20 minutes of unstructured time, to gain the full cognitive, physical, and social benefits of recess. Experts say recess is vital for development at all ages, including in high school. As psychiatrist Zishan Khan, MD, puts it: “Recess is not a luxury or reward—it is a necessary part of learning, health, and development.”



Food Banks and Food Pantries

It's summertime and children are out of school. Many families continue to have food insecurities. [Three Square](#) is a member of [Feeding America](#), a network of more than 200 food banks and the nation's largest domestic hunger-relief

organization. Three Square serves the residents in Lincoln, Nye, Esmerelda, and Clark County in Nevada. Here is a list of drive-thru and walk -in [Food Distribution Sites](#). Here is a list of [Community Food Pantries](#) in Southern Nevada.

In Northern Nevada the [Food Bank of Northern Nevada](#), helps families in Washoe and Rural Communities. Here are the [locations](#) on food distribution sites in Washoe County and Rural Nevada to help families that are struggling. Volunteering at Food Banks is a great way to get involved in your community. Here is information on volunteering in [Southern Nevada](#) or [Northern Nevada](#).

ADHD and Exercise

Research suggests that exercise can be a positive outlet to release built- up energy for some children with ADHD. Exercise can offer several benefits for children with ADHD, including a positive effect on concentration. Read more in [English](#) and [Spanish](#) how half an hour of exercise a day can help children function and feel better.

UPCOMING WEBINARS



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

- Presented by Nevada PEP

My Child is Struggling in School: What is My Next Step?

Tuesday, May 26

5:00 – 6:00pm

In this workshop we will discuss what to do if your child is struggling at school or if you suspect they may need special education. You will learn what schools can do to help and about the special education evaluation process.

How Is My Child Reading?

Thursday, June 4

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



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Understanding Section 504

Thursday, May 28

5:00 – 6:00pm

Section 504 protects students with disabilities from discrimination and exclusion. Join us to learn what a 504 Plan is, how it is different from an IEP, and how a Section 504 Plan can help your child succeed.

REGISTER NOW



Six Tips that Turn No's into Yes's

Tuesday, June 2

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 supports and services with these six amazing advocacy strategies!

REGISTER NOW



Behavior & Discipline in Schools

Tuesday, June 9

5:00 – 6:00pm

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



Take Steps to Stop Bullying

Thursday, June 11

5:00 – 6:00pm

If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

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](#).

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.

#SAFE ALLIES



Cyberbullying Increases When School is Out

School is out and we are all looking forward to a relaxing summer. We are all breathing a sigh of relief because one of the toughest parts of an already difficult school life - bullying - is over. But unfortunately, the fact is that our children's exposure to bullying - cyberbullying in particular - increases significantly over the summer months, coinciding with increased mobile device usage. Read more [HERE](#). To learn more about bullying prevention go to our [#SafeAllies](#) page.

Conversations That Build Self Worth for Your Child

We speak to our children all day, every day, and the words we use are of paramount importance. When a child has autism, a few select words and language choices can make all the difference in helping them build positive self-esteem and self-worth. When it comes to choosing words, sometimes the simplest language can have the strongest impact. Read more [HERE](#).



Early Childhood



How To Help Children Learn to Share

Learning how to share is a big challenge for children because it often means putting aside one's own needs to make someone else happy. Sharing is not a skill children have when they are born—they need to be taught how to share. Here are some tips for parents in [English](#) and [Spanish](#). Learning how to share gives a child a very important and solid foundation for successful friendships.

Supporting Your Child's Reading at Home

Learning to read begins at home through everyday parent-child interactions, long before children attend school. We are [pleased to provide these Family Activities](#) with easy-to-follow instructions to help your child practice foundational reading skills. Using the Family Activities at home can help your child develop language, link sounds to letters, blend letters and word parts to read and write words and read for understanding.

Energy: Anti-Stress Loops

Energy is a calming puzzle game where you rotate lines to create glowing circuits. Its simple, minimalist design offers a relaxing mental break, boosts focus, and provides quick, relaxing brain-teasers.



APP COMPANY: [Infinity Games](#)

Are You Passionate About Helping Families?

[Apply Here](#) for employment opportunities in Las Vegas and Reno, NV.

A hiring advertisement for Nevada PEP. On the left is a photo of a woman at a table with 'NEVADA PEP Strengthening Families' branding. The main text reads 'WE ARE HIRING!' in large bold letters. Below this, it describes Nevada PEP as a statewide nonprofit serving families of children and youth with disabilities and behavioral health needs. A list of benefits includes 'Full Time Positions', 'Openings Statewide', and 'Great Benefits Package'. At the bottom, a button contains the URL 'NVPEP.ORG/CAREERS'. The background is light purple and blue with decorative circular patterns.

Military-Connected Children News

Moving to a New Duty Station

Many military families move during the summer the "[Preparing for Your Move](#)" fact sheet offers suggestions for parents of children with special needs to consider before, during and after a move to a new duty station. Planning ahead

helps ensure a smooth transition of special education and early intervention services.

Youth MOVE Nevada Update

Mental Health Awareness Month is almost over and we're finishing strong with our [Youth Mental Health Awareness Month Challenge](#). Join other young people in the state in showing ways you take care of your mental health! The top 30 submitters will receive a gift card and some mental wellness items. ❤️ Check out our weekly [youth led meetings](#) to learn more about mental wellness and build skills to speak up for yourself! Don't forget to give us a follow on our socials to stay connected.



Travel Stress

During the summer months, travel can be a relaxing escape, but it can also be stressful and affect your mental health. Travel-related stress can spark mood changes, depression, and anxiety. Here are some [steps](#) you can take before and during travel that may help reduce stress and protect your mental health.

PLANNING FOR THE FUTURE

Building technology skills today helps youth prepare for school, careers, and everyday life in a digital world. The Arc's [Digital Literacy Resource](#) offers accessible, easy-to-follow courses that build essential skills for success. Youth and families can explore topics like online safety and digital citizenship, including healthy digital habits and navigating online relationships. This is a great tool for youth, parents, and professionals looking to support safe, confident use of technology. For more tips on preparing for the future, [check out our webpage!](#)

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.

Hand in Hand

Nominate someone special who has made a positive difference in your child's life. Your special individual will receive a beautiful certificate, and a Hand in Hand lapel pin. Your story will be in our Hand in Hand Annual yearbook. Click [HERE](#) to make a nomination.



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PEP**

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