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E-Communiqué

August 25, 2026

JULY 1 - AUGUST 31

NEVADA PEP
Strengthening Families with
Education • Empowerment • Encouragement

Annual Membership Drive



HELP US BRING
S'MORE SMILES
TO FAMILIES!





Join the Camp PEP Crew!

Become a Member Here



What Parents Can Do to Support Friendships

Friendships play an important role in a child's growth and development. As children get older, friendships can take on new meaning, and parents can help by staying involved, offering guidance, and monitoring activities to support their child's safety and success. Building open communication early can set the stage for deeper conversations about friends during the [school-aged and adolescent years](#).



The Language of Resilience

Resilience is about bouncing back from challenges and recovering from setbacks. There are many ingredients that go into building resilience in our young people. Our actions and presence reinforce our words. [Click Here to Learn More](#).

Relaxation Thermometer

Self-regulation is the ability to understand and manage your behavior and your reactions to feelings. It includes being able to: regulate reactions to strong emotions like frustration, excitement, anger, and embarrassment and how to calm down after something exciting or upsetting happens. Here are different [strategies](#) for parents to teach this skill and how to help your child self-regulate.



How Can a FQHC Help My Family?

A Federally Qualified Health Center (FQHC) is a community-based organization that provides comprehensive primary and preventive care services, including health, oral, and mental health services, to underserved populations. These centers operate on a sliding fee scale, ensuring that services are accessible regardless of a patient's ability to pay. FQHCs are crucial components of the healthcare safety net, offering services such as preventive health, dental care, mental health and substance abuse treatment, and transportation services necessary for patient care. Read the [FAQ's](#). Find a health center in [Southern Nevada](#) and [Northern Nevada](#).

Positive Childhood Experiences Help Offset Trauma

A new Pediatrics study found that positive childhood experiences (PCEs) can significantly reduce the lifelong health effects of adverse childhood experiences (ACEs). Researchers analyzed survey data from adults in four states and found that PCEs are especially beneficial for people who experienced childhood adversity. The findings highlight the importance of creating supportive, nurturing childhood environments that promote lifelong health and well-being. [Read the study here.](#)

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

How Is My Child Reading?

Tuesday, August 25

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 

Developing the IEP to Meet Your Child's Needs

Tuesday, September 1

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 

Getting the First Job

Thursday, August 27

5:00 – 6:00pm

Are you ready for your first job? Parents and youth can join us as we discuss tips for the job search such as how to find job openings, writing a resume, preparing for an interview, and requesting job accommodations.

REGISTER NOW 

Planning for Success After High School

Thursday, September 3

4:00 – 5:00pm

Is your student in high school? Do they have a transition plan in their IEP? Parents and youth will learn how creating a plan based on the student's strengths and interests can lead to success after high school.

REGISTER NOW 

Help Your Child Focus on Learning

Monday, August 31

Desarrollo del Programa de Educación Individualizado

Martes, 8 de Septiembre

1:00 – 2:00pm

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 >

10:00 – 11:00am

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 >

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

What is Looksmaxxing?

Looking your best can be healthy, but becoming overly focused on appearance can affect self-esteem and body image. This article notes that appearance pressure is no longer limited to girls and women looksmaxxing is increasingly influencing teenage boys and young men, too. It's a helpful reminder to encourage young people to value confidence, character, and kindness over unrealistic beauty standards. Learn more [here](#).



Bullying Warning Signs

Children who experience bullying often do not ask for help. By recognizing the warning signs, we can take action early, offer support, and create safer, kinder environments where every child can thrive. Learn to recognize the [warning signs](#).

Asking Questions Improves Partnerships

Parents are important members of the IEP team. Asking questions helps them learn more about their child at school and share their child's strengths, needs, and hopes for the future. Here are some [common questions](#) parents can ask at an IEP meeting.

Want to feel more prepared? PEP offers the free [Introduction to Individualized Education Programs](#) workshop to help parents understand evaluations, write measurable goals, and participate more actively in IEP meetings.



Early Childhood



Teachable Moments: How to Avoid Meltdowns

Many situations can trigger meltdowns—such as unexpected changes to routines and life. This resource offers several examples of how you could use teachable moments throughout the day, that may help to reduce those challenging behaviors in [English](#) and [Spanish](#).

New Way to Contact Medicaid

Members, providers, and community partners can now contact Nevada Medicaid using this new [online form](#). Nevada Medicaid can help with questions about accessing care, understanding benefits, and finding a medical provider. If needed, they will connect you with the appropriate department. You can also visit or call [District Offices](#) or email Medicaid@nvha.nv.gov.

Nueva manera de contactar a Medicaid

Los miembros, proveedores y socios comunitarios ahora pueden comunicarse con Medicaid de Nevada usando este nuevo [formulario en línea](#). Medicaid de Nevada puede ayudar con preguntas sobre cómo acceder a la atención médica, entender sus beneficios y encontrar un proveedor médico. Si es necesario, le conectarán con el departamento correspondiente. También puede visitar o llamar a las [oficinas de distrito](#) o enviar un correo electrónico a Medicaid@nvha.nv.gov.

Pocket Frens

Pocket Frens supports mental well-being through habit building, goal setting, and companionship. By caring for a virtual rescue dog that grows alongside you, users can develop healthier routines, stay motivated, and foster a more positive mindset every day.



APP COMPANY: [PocketFrens](#)

Are You Passionate About Helping Families?

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

A hiring banner for Nevada PEP. On the left is a photo of a woman at a table with a 'NEVADA PEP' sign. The main text says 'WE ARE HIRING!' in large bold letters. To the right is a bulleted list of job benefits. Below the list is a paragraph about Nevada PEP's mission and a link to their careers page.

WE ARE HIRING!

- Full Time Positions
- Openings Statewide
- Great Benefits Package

Nevada PEP is a statewide nonprofit organization serving families of children and youth with disabilities and behavioral health needs by empowering them to be life-long advocates for their children.

[NVPEP.ORG/CAREERS](https://nvpep.org/careers)

Help Your Child Be a Kind Friend

It's a new school year, and children will be making new friends. It's important to teach children how to be kind to one another; it's a skill that you can practice with your child just like math, science, or reading. Always remind children to look for other children who might need a friend. You can encourage kind behavior by suggesting [ways to be kind and compassionate](#). Here are [four strategies](#) to help children be more inclusive.

Military-Connected Children News

A Back-to-School Toolkit for Military Families

Starting a new school year can feel overwhelming, especially for military families managing multiple children, new schools, or a recent Permanent Change of Station (PCS) move starting at a new school, in a new neighborhood, in a city where they don't know anyone, and they are missing their friends from the previous school. This [toolkit](#) is to help every military-connected child start the school year strong and stay supported all year long.

Teaching Children Good Manners and Behaviors

When children learn good manners, they are building the foundation for considerate interactions throughout their lives. As parents we know teaching our children when to use their manners isn't always easy. When you're teaching children good manners it can be as simple as phrases like, "please" and "thank you". Here are a [few basics](#) that can help pave the way.

Youth MOVE Nevada Update

August is National Wellness Month, making it a great time to prioritize self-care, especially as the new school year begins! This [activity book](#) is filled with fun ways to help you take care of your well-being. You can also join our weekly [youth led meetings](#) to learn more about mental wellness and build skills to speak up for yourself. Follow us on social media to stay connected!





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. If parents have concerns, they 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.

PLANNING FOR THE FUTURE

Starting School Can Trigger Anxiety for Youth

Starting school can cause anxiety and worry for middle and high school students. For Youth who rely on predictability or have difficulty with change, transition to a new school can be especially challenging. Check out the article on [Understanding Anxiety in Teenagers](#) and view the following [video](#) on anxiety disorders. If your youth is having difficulty adjusting to school, parents may want to contact the school counselor to discuss available support and opportunities to build connections.

Statewide Family Network News

Families are experts on their own experiences, and their voices can help create meaningful change. When families share feedback about the services and supports their children receive, communities are better equipped to meet the needs of all families. You can get involved by attending meetings of the [Clark County](#), [Washoe County](#), or [Rural Nevada Children's Mental Health Consortium](#) and sharing your perspective during public comment. To learn more, contact your Nevada PEP representative

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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