



VOL. 1 ISSUE 3 • JULY 2023

THE PAGE

Official Newsletter of the Parent and
Guardian Empowerment Program

JULY 2023

July Awareness Celebrations (Just a few)

Disability Pride Month: **July 1**

Minority Mental Health Awareness Month: **July 1**

Plastic Free July: **July 1**

Shark Week: Week-long event: **July 11-18**

Malala Day: **July 12**

Be Love Day: **July 16**

International Self-Care Day: **July 24**

World Heart Day: **July 29**

International Tiger Day: **July 29**

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PAGE Service HIGHLIGHTS

Community Case Management

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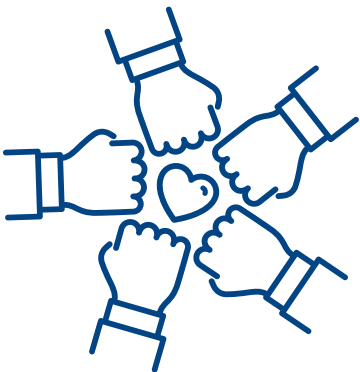
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Social workers provide case management services for Fayette County youth who are referred by parents/guardians, community agencies and schools. This service is voluntary.

- Completion of a social needs assessment to evaluate fundamental issues or needs.
- School visits
- Creation of a client centered service plan Referrals to needed services for youth and families based on the social needs assessment.
- Encouraging family unit success within the home and community.
- Collaboration with community partners to refer families for additional services as needed.
- Nurturing parenting classes for the adolescent population.
- Parent and Grandparent support groups





LIONHEART TRAUMA SUPPORT SERVICES

SERVICES INCLUDE

INDIVIDUAL THERAPY

Therapists use evidence-based therapy modalities to treat trauma related symptoms. They are able to provide services in an office setting or on occasion in a community setting.

GROUP THERAPY

Parenting classes, Dialectical Behavioral Therapy groups, and other trauma specific groups. Group therapy is available for individuals that suffer similar traumatic experiences, gender, profession, etc. You are not alone. Share your experiences in a supportive environment where your healing can help others heal.

MEDICATION MANAGEMENT

A Psychiatric-Mental Health Nurse Practitioner is on staff and can handle your medication management needs that relate to your treatment plan with Lionheart.

TRAUMA EDUCATION AND TRAINING

The providers have extensive knowledge in trauma and the impact trauma has on individuals and families. Therapists are able to provide education and training to groups of individuals interested in a deeper understanding of trauma.

TARGETED CASE MANAGEMENT

Targeted Case Management is available to assist those who have a need for additional support in addition to therapy. TCM helps identify and address life stressors and individual goals to help clients achieve their vision of a gratifying journey in life.

COMMUNITY RESOURCES

They refer client's for needed services not provided. Lionheart takes pride in their work with other community partners who are able to pick up where they left off.

4 LOCATIONS TO MEET YOUR NEEDS. PLEASE VERIFY YOUR LOCATION WITH YOUR THERAPIST BEFORE YOUR APPOINTMENT.

3147 Custer Dr. Lexington, KY 40517 (859) 447-0855 Call or Text

1002 S. Virginia Street, Suite 401, Hopkinsville, KY 42240 (859) 447-0855 or
Medication Management (859)-447-0887

300 Maple Street, Suite 3 Murray, Ky 42071 (859) 447-0855

221 S. 2nd Street, Suite 207 Clarksville, TN 37040

SERVICES FOR ALL AGES.

CALL OR TEXT 859-447-0855

JULY: AWARENESS MONTHS & HOLIDAYS FOR CAUSES (2023)

- **Disability Pride Month** occurs in the United States every July to commemorate the passing of the landmark Americans with Disabilities Act (ADA) in July 1990. Since 1990, Disability Pride Month has celebrated people with disabilities, their identities and culture, and their contributions to society. It also seeks to change the way people think about and define disability, to end the stigma of disability, and to promote the belief that disability is a natural part of human diversity in which people living with disabilities can celebrate and take pride. People with disabilities make up 15% of the world's population and are the largest and most diverse minority in the United States making up approximately 26% of the population representing all ages, races, ethnicities, genders, sexual orientations, religions, and socio-economic backgrounds.
- **Minority Mental Health Awareness Month** is an annual observance in July that aims to raise awareness and reduce stigma about mental health issues among racial and ethnic minority communities in the United States. National Minority Mental Health Awareness Month, also known as Bebe Moore Campbell National Minority Mental Health Awareness Month, was developed to honor the efforts of Bebe Moore Campbell (1950 – 2006), an American author, journalist, teacher, and mental health advocate. Campbell was driven to bring awareness to the unique mental health struggles of racial and ethnic minority communities through her personal experiences with a family member's mental illness. She was one of the founding members of the National Alliance on Mental Illness Urban Los Angeles .
- **Plastic Free July** is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?
- **Shark Week** is an annual event that airs on the Discovery Channel in July or August every year since 1988. Shark Week 2023 is slated to air from July 11 until July 18
- **Malala Day** celebrated on July 12 is significant for Malala Yousafzai. Except for her birthday, it is also the day she spoke at the United Nations to call for worldwide access to education in 2013. After that day, the UN has observed July 12, Malala Day. During her address, she said, “Malala Day is not my day. Today is the day of every woman, every boy, and every girl who have raised their voice for their rights. (messinascatering) ”

JULY: AWARENESS MONTHS & HOLIDAYS FOR CAUSES (2023)

- **Be Love Day** which is on July 16th. Is a day the King Center in Atlanta Georgia dedicated to encourage communities to use their voices to work "to correct everything that stands against love." "BE LOVE is a movement born amid the immense uncertainty and global tension of the past year, to help society answer three critical questions facing humanity:
(1)Who must we be? (2)What must we do? (3)What are we to accomplish?"

*There are three challenges you are encouraged to do:

BE LOVE DAY CHALLENGES

1. Identify 3 local or national policies that are unjust and began to research them.
2. Research and consider investing your money in a Black or Brown banking institution.
Tag banking institutions that you discover and share them with three friends on social media.
3. This week examine personal biases and stereotypes used throughout the week. Make note of each one and then find one solution to help remove that stereotype or bias from your life.

*You can find more information and the pledge you can take at <https://thekingcenter.org/belove/>.

- **International Self-Care Day** was established in 2011 to raise awareness about the importance of self-care in overall health and wellness. International Self-Care Day is recognized each year on July 24 as a symbol that the benefits of self-care are experienced 24 hours a day, seven days a week.
- **World Heart Day** is celebrated on July 29. The day aims to raise awareness about cardiovascular disease (CVD), its prevention, and the impact it has on people across the world. CVD, including heart disease and stroke, claims 17.9 million lives every year, making it the world's leading cause of death²³. The day highlights the actions that individuals can take to prevent and control CVD.
- **International Tiger Day** is celebrated annually on July 29. The tiger enjoys the reputation of being the largest of the world's big cats. A tiger can be easily identified with its distinctive orange and black stripes on its face and body. International Tiger Day is celebrated across the globe so that all of us can raise awareness for tiger conservation. The day aims to build a worldwide system that will be dedicated to protecting tigers and their natural habitats. A safe and thriving habitat for tigers means that we conserve other species and our forests, too. Through International Tiger Day we can work for a future where humans and tigers can cohabit peacefully.

Support Group



Join us for a Parent and Grandparent Café!

Our cafés or support groups are FREE get togethers that give parents and grandparents an opportunity to discuss the challenges of raising children and grandchildren, while gaining support and resources from the Parent and Guardian Empowerment Program.

Are you interested in:

- Strengthening your family
- Becoming more resilient
- Building relationships with others
- Learning about resources that will support your family

If so, please join us for a Café!

Date & Time: Thursday July 20, 2023 12:00 p.m. - 2:00 p.m.

Date & Time: Sunday July 30, 2023 3:00p.m. - 5:00 p.m.

Reservation required, please connect with us at:

859-300-5330

kjustice@lexingtonky.gov

LOCATION

PAGE Program
498 Georgetown
St. Second Floor
Lexington, KY
40508



COMMUNITY EVENTS

Teen Gaming

Thursday, July 06, 2023
1:00 pm - 6:30 pm

Eastside Branch
3000 Blake James Drive
Lexington, KY

An open gaming session where teens can explore experiences and games on the Oculus VR, or play some games on the Nintendo Switch.

Discover: Special FX Makeup

Friday, July 07, 2023
2:00 pm - 4:00 pm

Central Library, Kloiber Foundation STEAM Lab
140 E. Main St.
Lexington, KY

Learn basic principles about special effects (fx) makeup and practice a makeup trick that you'll want to show off to your friends! Recommended for ages 6-12. Registration Required.

Adulting 101: Home Skills & Dorm Cooking

Monday, July 10, 2023
2:30 pm - 3:30 pm

Central Library, Meeting Room B
140 E. Main St.
Lexington, KY

Life doesn't come with an instruction manual, but we can help! Join us every Monday afternoon in July to learn some of the basic life skills that will help you start your life away from home with a strong foundation. From dorm room cooking hacks to basic home & auto care, this 5-session adulting camp can give you some of the skills you need to succeed! This week, learn what all those symbols mean on your laundry tags, dorm room cooking hacks, and much more! BONUS: Each session attended gets participants an entry to win a gift card, which will be drawn for at the last session! (Attendance to all sessions recommended, but not required.)

Pop Up Skatepark!

Saturday, July 08, 2023
2:00 pm - 4:00 pm

Tates Creek Branch
3628 Walden Drive,
Lexington, KY

Bring your board and lace up your skates! The library is turning into a skatepark. Join us outside and meet with the folks at Fat Daisy Skateshop. For tweens and teens.

Pour Your Art

Tuesday, July 11, 2023
5:00 pm - 6:00 pm

Eastside Branch
3000 Blake James Drive
Lexington, KY

Learn how to pour paint puddles, pools and marble-like patterns. Pouring results in a smooth, glossy paint film that is perfectly even and blemish free.

Drop in Job-Help

Wednesday, July 12, 2023
10:00 am - 12:00 pm

Beaumont Branch
3080 Fieldstone Way
Lexington, KY 40513

Do you need help with your job search? Are you looking to polish your resume? Then this Resume Help Drop-In is for you! Every Wednesday morning from 10 am - 12 pm, you can drop in at the Beaumont Branch to get personalized one-on-one help with your job hunt. Laptops will be available to use to build your resume, and USB drives will be provided for your electronic document storage.

COMMUNITY EVENTS

Informational: Grow with Google Career Certificate Program

Begin your new career training free with the library!

Thursday, July 13, 2023
10:00 am - 11:00 am

Northside Branch, Large Meeting Room
1733 Russell Cave Rd.
Lexington, KY

Learn about the six (6) high demand career fields that you can train for on your own in less than 6 months.

Stop Motion Animation Wednesday, July 12, 2023 2:00 pm - 3:00 pm

Northside Branch, Production Studio
1733 Russell Cave Rd.
Lexington, KY

In this 3 day workshop youth will craft their own characters, then have them perform in a short stop-motion film!

Bad Art! for Adults! Friday, July 14, 2023 4:30 pm - 5:30 pm

Eastside Branch, Large Meeting Room
3000 Blake James Drive
Lexington, KY

Anyone can do art right...right? Well what if we say that BAD art is GOOD! Come in and take the challenge, see the results of your work and maybe get some recognition for your BAD art!

Japanese Club Wednesday, July 19, 2023 3:30 pm - 4:30 pm

Village Branch, Meeting Room
1801 Alexandria Drive, Suite 136
Lexington, KY 40504

Have fun with friends while you learn basic manga drawing techniques. For middle school students. No registration required. While supplies last.

Art Attack! - Jackson Pollock: Action Painting Saturday, July 15, 2023 3:00 pm - 4:30 pm

Central Library
140 E. Main St.
Lexington, KY

Join us to learn about a new artist every month, and create a unique work inspired by their style (with a touch of your own!).

3D Printed Jewelry Workshop Saturday, July 22, 2023 10:00 am - 12:00 am

Northside Branch, Digital Studio
1733 Russell Cave Rd.
Lexington, KY

In this workshop in the Digital Studio, use the 3D printer to craft elements for your jewelry design. No prior experience needed.

COMMUNITY EVENTS

Mindfulness in Minute

Tuesday, July 25, 2023
3:00 pm - 4:00 pm

Tates Creek Branch, Large Meeting Room
3628 Walden Drive
Lexington, KY

Join us for a quick body-positive yoga class. This class will offer adaptive poses for all levels of experience. This program is for ages 14+.

Teen Movie - Your Choice!

Wednesday, July 26, 2023
2:00 pm - 5:00 pm

Eastside Branch, Large Meeting Room
3000 Blake James Drive,
Lexington, KY

Come watch one of your favorite movies in the library! It's hot outside, but it's cold in here! Vote on the movie you want to watch, and we'll eat snacks, lounge, and turn our brains off while heckling it. Ages 12+. Voting starts July 1st.

Adulting 101: Healthy Finale

Monday, July 31, 2023
2:30 pm - 3:30 pm

Central Library, Meeting Room B
140 E. Main St.
Lexington, KY

Life doesn't come with an instruction manual, but we can help! Join us every Monday afternoon in July to learn some of the basic life skills that will help you start your life away from home with a strong foundation. From dorm room cooking hacks to basic home & auto care, this 5-session adulting camp can give you some of the skills you need to succeed! This week, we wrap up our program with information about physical & mental health: what's good, what's not, when to go to the ER vs. Urgent Care, and much more. BONUS: The gift card drawing will take place at the end of this session!

Virtual Vacation

Wednesday, July 26, 2023
2:00 pm - 3:00 pm

Beaumont Branch
3080 Fieldstone Way
Lexington, KY 40513

Take a virtual vacation to exotic locals with VR headsets. For adults and teens. No registration.

Last Monday Magic: The Gathering - For Teens

Monday, July 31, 2023
2:00 pm - 3:30 pm

Eastside Branch, Small Meeting Room
3000 Blake James Drive,
Lexington, KY

Each month, we'll be sitting down in the teen department for a few rounds of Magic: The Gathering!

Make Your Own Trail Mix

Saturday, July 29, 2023
2:00 pm - 3:00 pm

Northside Branch, Snack Room

Come to the Northside Library's Cafe area and learn how to make your own "Healthy" Trail Mix. All food items will be provided. Allergy Alert - various nuts and items with gluten will be present.

Registration opens on Saturday, July 1, 2023 at 9:00 am.



thanks
for your
support



859-300-5330



498 Georgetown St.
Lexington KY 40508



<https://www.lexingtonky.gov/youth-development-center>