

# Youth Resiliency Committee

Well-Being Through Awareness

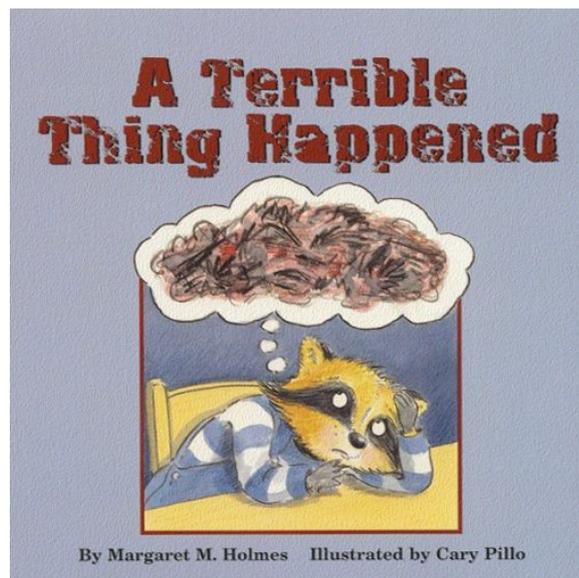
A Sub-Committee of the Los Alamos Community Health Council

**Our mission** is to promote well-being for youth and their families by bringing awareness to issues, highlighting activities, and promoting resources in and around our community. **Our goal** is to focus on the needs of youth and their families.

We usually meet on the second Monday of every month. Our next meeting will be held on May 13th from 9:30 - 11:00 a.m. at the Los Alamos Teen Center. All are welcome to attend.

To be added to a mailing list for our newsletter or to suggest additions, please call 505-663-2263 or email [k.coblentz@laschools.net](mailto:k.coblentz@laschools.net). Previous editions of the newsletter can be found [here](#).

We highlight collaborative projects, activities for youth and families, as well as community services and resources.



## May is Mental Health Awareness Month

Books can help children and adults learn how to ask for help and to talk about hard things. There is something powerful about seeing yourself in another person's story and realizing that other people have faced and overcome similar challenges. Check out the Child Mind Institute's list of 44 books that address emotional and learning challenges through pictures and stories [here](#).

### Los Alamos Public Health Office

Services and Hours of Operation

Appointment Scheduling

Mondays Wednesdays Fridays 8:00 am - 4:30 pm

Health Services

First and Third Tuesdays - 9:00 am - 4:00 pm

WIC Services

Second Thursdays - 9:00 am - 4:00 pm

1183 Diamond Drive, Suite D - 505-662-4038



Check out upcoming events at Mesa and White Rock Public Libraries! Link [here](#).



*Los Alamos Public Schools*  
FOUNDATION

## Community Resource Highlight

### Los Alamos Public Schools Foundation

The LAPS Foundation is an independent organization that supports improvements to school environments, innovative opportunities, staff and student well-being, and professional development to help cultivate a thriving learning environment for all. The Foundation is able to achieve these goals through generous contributions from individuals and organizations who support their mission and share their core values.

In its first 12 years, the Foundation facilitated the infusion of \$1 million into the public schools and its trend of giving continues. Through book group and great ideas grants, scholarships and classroom makeovers, the LAPS Foundation has been responsive to the district's needs and goals and is able to make a significant impact to enrich the lives of students and teachers.

Learn more about LAPSF and how to donate here: <https://lapsfoundation.com/>

## Tip of the Month

Practice the art of noticing and asking curious questions to increase support and connection.

Here are a few suggestions:

I've noticed you seem more stressed/ down/ tired lately. Is there something you'd like to talk about?

You haven't been as involved with your friends/ sport/ hobby lately. Has something changed?

I sense that things are not ok. Is there some way I can help?

I'm worried about you. Would you like to tell me what's going on?

## Building a Culture of Support



### The Gifted Horse Girls Circle Program

A safe, nonjudgmental place to learn effective communication skills, build connections, and develop mental and emotional awareness. This summer opportunity will focus on setting healthy boundaries, understanding others and different personality types, and practicing assertiveness through working with horses.

**For Whom:** Current and Incoming Freshmen

**When:** Weekdays from June 5 - 14

**Where:** North Mesa Stables, Barn 15/16

**Time:** 10:00 am - 1:00 pm

**Register** at [danielles@losalamosjjab.com](mailto:danielles@losalamosjjab.com) or 480.285.9496.

**Kristine Tobias** is the founder of Gifted Horse and a certified PATH (Professional Alliance of Therapeutic Horsemanship) Instructor. She has extensive experience working with children and adults. She is now realizing her dream of combining her two passions, social service and horses.

**Danielle Sutherland**, Family Resource Specialist and Boys Council/Girls Circle Coordinator for JJAB, has a master's degree in psychology and has been working with youth and families for more than 12 years. She is passionate about working with girls and helping them to find their authentic selves.

**"What mental health needs is more sunlight, more candor, and more unashamed conversation." – Glenn Close**