



-I can't believe it's already- December Newsletter

December 2011

CPR/First Aid Class at The Work Station!

Thursday 12/29 at
10:00 a.m. Please call
me as soon as possible
for this workshop.
Limited spaces are
available.



How to boost your self-esteem

1. Play or do something you love. This can improve the way you feel about yourself.
2. Open your heart to help someone out. Nothing makes you feel better than when you do a good deed.
3. What you see is what you get; so be optimistic. Always remember to think positively.
4. Everyone has strengths. You are good at something....do it!
5. Reach out to positive friends. Hang out with people who support you and stay away from people who put you down.

Rainy days on Mondays.....

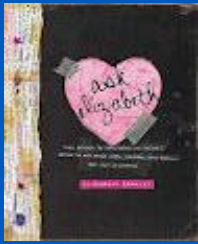
Teens have it rough. Not only are you beginning to recognize more about yourself and the world and how it sucks sometimes, but your body is going through changes that often make your emotions go haywire. Depression is one of those really miserable moods. Nearly 1 in 8 teens experience depression. Depression not only makes teens feel upset and sad, but often angry, hopeless and grumpy. On top of this, you may have no motivation to do anything, feel sleepier than usual or are unable to sleep. If this feeling ends within a day or so, it is just a passing mood. But anything longer than a few days may be more serious and you should talk to someone.

If you find yourself feeling hopeless, down, and unmotivated and your usual coping skills aren't working, you could be what's called clinically depressed, which means that the depression is sticking around longer and worse than it should. There is no single cause for depression; many factors play a role including genetics, medical conditions, life events and environment. This is not your fault; it is just something the body happens to be experiencing. Please be aware that you can do something about it. If you think you may be suffering from clinical depression, speak to your parents, or a friend, coach, teacher, nurse or doctor. There are many cures. No one should have to suffer with clinical depression alone and without help. Depression doesn't mean a person is crazy....it is a real and recognized medical problem. Luckily, most teens who get help for their depression learn how to enjoy life and feel better about themselves!

The ceramics workshop was a HUGE success!

I hope everyone had a great time creating their ceramic projects. I am amazed at the artistic talent. Many more students expressed an interest in this workshop. Let me know if you would like to attend and I will schedule another class!

Book Review



Happy Birthday to you...Happy Birthday to you...Happy Birthday to a few of you...Happy Birthday to you...(Do you like my singing?)

Heather M. 8th
Stacey C 16th
Sean W 17th
Tristan C 22nd

I hope everyone has an excellent Christmas. Give your family a hug or just tell them that you love them. This will be remembered more than any present. As always, if you want to talk or need help with anything, just give me a call!

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BOOK REVIEW.....ASK ELIZABETH

Elizabeth Berkley has ingeniously produced a book that will help and give answers to the questions all girls are secretly dying to ask. But she doesn't just do this single-handedly. No--girls all across the U.S.A share their theories, stories, and experiences on bullying, relationships, depression, self-confidence, and much more. Whatever concern you've come across living as a teenage girl, it will certainly be helped with the support of this book.

"I really can't praise this book enough and I won't keep repeating how much I enjoyed reading it. It's hard enough being a teenage girl, but it's even harder when you have no one to talk to or relate to. That's why reading *Ask Elizabeth* is the best thing to do if you're feeling alone and have no one to talk to. Not only have I felt a great sense of relief through relating to these girls, but I've really comprehended how to find that inner strength in myself to release a more positive version of myself.".....SB

December Fun Facts

- *December 28th is widely regarded as the unluckiest day of the year, so don't do anything and certainly don't start anything on this day.
- *It is said that wearing new shoes on Christmas Day will bring bad luck.
- *There is an ancient legend that states that all animals of the forest can speak in human language on Christmas Eve.
- *December 8, 1980, John Lennon, of the Beatles (BTW, my favorite group), was shot and killed in New York City.
- *December 17, 1903, Wilbur and Orville Wright made the first powered aero plane flight.
- *December 5, 1901, Walt Disney was born.
- *December 21, 1937, Premiere of Snow White and the Seven Dwarfs, the first full length animated cartoon.

\$75.00.....\$75.00.....\$75.00.....\$75.00.....

Many of you still have not received the goal incentive bonus.

If your name is **NOT** on this list, you need to schedule an appointment for your goal assessment

Jesse H, Natasha M, Chase P, Brittany H, Kaity W, Tyler W, McKayla B, Angel C, Carrie C.

***Many students have not yet attended any workshops. Remember you must attend at least two workshops before any additional supportive services can be received.

Help! I need ideas for future newsletters!