

Liberty Connection

Week of Apr. 2 - 6

Liberty Community Learning Center & Clinics

Spring is here and so is year-end testing... here are a few parent tips #1) **Talk about school and other stressors with your student.** Some of the best advice given to a parent is to just listen. It is in our nature to want to solve everything, but sometimes just being there is all our kids really need. Take time to look at your children when they speak to you by putting aside any distraction. This shows them what it means to value others. Additionally, talk to your kids about stress you experienced when you were their age. Let them know that sometimes you still get stressed. Talk to them about ways you use to manage stress in your life like deep breathing, meditation, talking to a friend, reading or exercise. Focus on positive ways to handle stress. #2) **Never diminish what they are going through.** “You’re just a kid; you don’t know what stress is” is the worst possible thing to say to a child with anxiety. Their perception is their reality. Help them cope by showing you empathize will lessen their test taking anxieties and improve their test taking skills.

Living Well with Chronic Conditions: This is a FREE 6 week workshop discussions will focus on: Managing ongoing symptoms, Problem Solving, Relaxation Techniques, Being physically active, Using good nutrition choices, Working with your healthcare professional, Finding safe ways to communicate, and much more... Workshop dates: Tuesday, **April 3, 10, 17, 24 and May 1 and 8** from 11:00 to 1:30 p.m. To register please call: (801) 408-8628 or (801) 408-3585 or online www.livingwell.utah.org Classes will be offered in English and Spanish. We will also have a lite snack and gift card incentive for attendance.

WEEKLY PROGRAMMING & SCHEDULE

Monday, April 2

- Yoga Class 6:30 – 7:20 a.m.
- Jr. Coaching 2:45-3:45 p.m.
- Afterschool Program 2:45–5:30 p.m.
- Tennis & Tutors 2:45 – 5:00 p.m.
- Zumba 6:00 – 7:00 p.m.

Tuesday, April 3

- Living Well Class 11:00 – 1:30 p.m.
- Jr. Coaching 2:45-3:45 p.m.
- Afterschool Program 3:15–5:30 p.m.
- Tennis & Tutors 2:45 – 5:00 p.m.
- Adult English Class 5:30 – 7:30 p.m.
- Zumba 6:00 – 7:00 p.m.
- PreDiabetes Class 6:00 – 8:00 p.m.

Wednesday, April. 4

- Food Distribution 2:30 – 4:30 p.m.
- Women’s Support Group 11:00 – 1:00 p.m.
- Jr. Coaching 2:45 -3:45 p.m.
- Afterschool Program 2:45 - 5:30 p.m.
- Tennis & Tutors 2:45 – 5:00 p.m.
- Big Brother Big Sister 2:45 – 4:00 p.m.
- Zumba 6:00 – 7:00 p.m.
- Liberty Wells Community Council Meeting 7:00 – 9:00 p.m.

Thursday, April 5

- Jr. Coaching 2:45 – 3:45 p.m.
- Afterschool Program 2:45 – 5:30 p.m.
- Tennis & Tutors 2:45 – 5:00 p.m.
- Adult English Class 5:30 – 7:30 p.m.
- Yoga 6:30 – 7:20 p.m.

Friday, April 6

- Afterschool Program 12:55 – 5:30 p.m.
- Tennis & Tutors 12:55 – 5:00 p.m.
- Running Forward 1:00 – 2:30 p.m.

CURRENT / UPCOMING EVENTS

Utility Assistance Program: Utah Community Action HEAT can help with your utility bills. Household must be at or below 150% of poverty level; you must be responsible to pay for the utilities, and household must have at least one person who is a US citizen or qualified non-citizen. Options to apply: Make an appointment with worker (801) 521-6107, submit paper application 764 south 200 west, fax application (801) 214-3212, or apply online www.sealapp.utah.gov/index.do You can also picked up additional info. in the (CLC) office.

Monthly Food Distribution: The mobile food pantry will be here Wednesday, April 4 from 2:30 to 4:30 p.m. each family can receive food items.

Adult English Classes: Class is each Tuesday & Thursday from 5:30 to 7:30 p.m. (No more Wednesday Class)

Liberty Wells Community Council Meeting: Meeting will be here at Liberty (CLC) Community Learning Center & Clinics Wednesday, April 4 from 7:00 to 9:00 p.m. in room #1023.

Pre-Diabetes Class: Class will be on Tuesday, April 3 from 6:00 to 8:00 p.m. If you have questions please contact Luanne at (801) 408-8628. Class is taught in Spanish only.

Liberty Community Learning Center & Clinic: For questions or concerns, please contact Victoria Palauni at (801) 578-8588.