

# ParentLink Newsletter

Check out all of our fun events coming up plus more!



## DID YOU KNOW?

May is Mental Health Awareness month. In honor of this we will be posting different content to spread awareness all month long. Follow our social media handles below to keep in the know.

 @muparentlink

 @parentlink



## Note From Director

*Bradd Anderson, Director*

Spring is bringing great excitement to our state, and not all of it involves noisy “songbugs” with big eyes! Like the cicadas, families have needs that change and potential to be met. ParentLink is in the business of helping anyone raising a child in Missouri to get where they want to grow. Every contact, event, conversation, and presentation creates new openings for the impact of our work. My ParentLink colleagues bring talent and skill, but the heart they bring to this work is what truly sets our organization apart. I hope you will visit one of our events, invite us to present at your gatherings, and join us in partnership as we bolster healthy families, thriving children, and responsive developmental environments.

# Columbia Family Fun Fests are Here!

ParentLink is eagerly anticipating the 2024 Family Fun Fest season which kicks off on Wednesday, May 15. Entertainment for the entire family that includes music, food trucks, live performances, art activities, hands-on learning, face painting, balloon art, and fun for all.

**3rd Wednesday, May-September, 6-8 p.m., Free!**  
(June event will be third Thursday)



## 1. Wednesday, May 15 Cosmo Park "BEE Kind to Your Mind"

May is Mental Health Awareness Month. This month, we'll embrace the healing power of nature and learn how to care for the Earth and ourselves. So take a deep breath of fresh park air, and join us to learn about pollinators, native plants and self-care.

## 2. Thursday, June 20 Cosmo Park "Juneteenth Jamboree"

Join Parks and Recreation along with other community organizations to commemorate Juneteenth. Learn more about this important holiday through music, dance, arts and other activities.

## 3. Wednesday, July 17 Albert-Oakland Park "Healthy Habits"

Join Parks and Recreation along with other community organizations to learn and experience exciting ways to keep your body healthy and happy.

## 4. Wednesday, August 21 Albert-Oakland Park "Be Prepared!"

This month, Family Fun Fest focuses on ways that kids and their families can take care of community, nature and themselves in unexpected situations. We'll learn about safety, weather, and helping others.

## 5. Wednesday, September 18 Albert-Oakland Park "Creative Kids"

Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.





# FAMILY FUN FESTS



## FUN FACT!

**ParentLink is the organization that started Family Fun Fests in Missouri? We are so thrilled to be a provider of free, family fun for the whole family to enjoy over the summer!**

## Fun Fests - Southeast Edition!

It is that time again! Plans are being made for ParentLink Family Fun Fests in Southeast Missouri. On June 12th, staff will be in Mississippi County, in Charleston at the Bowden Center at 4:00pm. Residents are invited to participate in an afternoon filled with lots of activities, food, and the opportunity to learn from service providers about resources available in the counties where they live. This year, ParentLink staff will put a special focus on promoting assistance with the Supplemental Nutrition Assistance Program (SNAP) application. ParentLink Access Navigators are now able to assist with SNAP applications in person and over the phone. A special thanks to sponsors like Home State Health and the Southeast Missouri Food Bank, who have partnered to provide food boxes that will be distributed to families who attend. Additional Family Fun Fests are being planned for August to focus on back to school. For more information about ParentLink Family Fun Fests in Southeast Missouri, contact Freda Kershaw at [kershawf@missouri.edu](mailto:kershawf@missouri.edu).

**SPRING 2024**



# **Cinco De Mayo Southeast Kick-Off From May 3rd**

On May 3rd the ParentLink Southeast team hosted a Cinco De Mayo event for families and caregivers to come and enjoy free of cost. The navigators provided car seat checks, SNAP application assistance, food, games, and more! There were also 14 service providers there from all over. The service providers that attended the event included Dunklin County Health Department, WIC, FCC Prevention, MU Extension, SEMO Health Network, Fresh Start, VNA, Legacy Hospice, Agricultural Employment Services, Kennett Job Center, JMOS Headstart, and Parents as Teachers. In total there were 159 families served which was right around 400 people. Make sure to keep up with us on social media for our upcoming events!

## **Let's Talk SNAP Assistance**

For assistance completing the SNAP application or information about nutrition education programs contact:

**(888) 638-8444**

**SPRING 2024**

## **Kinship Program Dates**

Save the Date! ParentLink's Kinship Navigator Program will be hosting the second annual Kinship Family Fun event on September 6th from 5:00pm-9:00pm at Lakeside Ashland near Columbia. Come ready for an evening of fun activities, a musical program, and an outdoor family movie on a large screen. This is a free event and dinner will be provided to kinship families. Grab your lawn chairs and blankets and help us kick off National Kinship Care month to celebrate and recognize kinship families in Missouri!

**In honor of  
National Kinship Care Month**



**Outdoor  
Movies**



**Activities**



**Live Music**



**Food**



**Kinship Family  
Fun Night**

**A free event for Kinship families - grandparents, relatives, or other loved ones caring for another's child you were not expecting to raise**



**September 6th  
5:00-9:00pm**



**5900 E Log Providence Rd  
Columbia, MO 65201**



## SPRING 2024



**Kinship Peer to Peer Empowerment Meetings**

Second Tuesday of each month  
5:30 – 6:30 pm  
Zoom

Attendance can be applied toward foster parent licensure!

Door prizes given!

**ALL ARE WELCOME!**  
Grandparents raising grandchildren and other Kinship Caregivers

Make sure to join us every month for our virtual Kinship Empowerment Groups! We host a Peer to Peer Kinship Empowerment group the second Tuesday of each month from 5:30–6:30pm and an Informational Kinship Empowerment group the second Thursday of each month from 10:00–11:00am.

We will also be hosting additional Informational Legal Clinics this fall. Stay tuned for more information!



**Informational Kinship Empowerment Meetings**

Second Thursday of each month  
10:00 – 11:00 am  
Zoom

Attendance can be applied toward foster parent licensure!

Door prizes given!

**ALL ARE WELCOME!**  
Grandparents raising grandchildren and other Kinship Caregivers

Register today!  
<https://mizzou.us/plnav-thurs>  
Or call 312-626-6799 • Meeting ID: 982 9901 1714

**Contact us at 833-546-4543 for more information.**

We are so excited about our new venture, a parenting blog! Our goal is to break down small parenting moments in day to day life and talk about them in a relatable way all while providing evidenced based information and strategies. Every month we will discuss a new topic such as bedtime, biting, communication, and self care. We will also share our favorite parenting and children's books along the way. Our hope is that when you click over to our blog every month you will smile, say to yourself "Oh wow so it's not just me..." and maybe leave feeling motivated and inspired to continue showing up for yourself and for your family in a happy and healthy way. We hope that you leave comments, call our Warmline at (573) 882-7323 with any thoughts or questions, or interact with us on our social media pages. We truly believe that all families matter and we are here to support you in any way that we can.

**Visit our blog at: <https://cehd.missouri.edu/parentlink/warmline-blog/>**

# Help Me Grow

ParentLink is proud to be a Help Me Grow Missouri affiliate, since 2015, organization and is here to assist in any way it possibly can. Help Me Grow is a national organization that helps to create an interconnected circle of colleagues that can get connected to resources needed by families or caregivers across the state. The Help Me Grow national foundation is based on a system which consists of four main components: Centralized Access Points, Family and Community Outreach, Child Health Provider Outreach, and Data Collection and Analysis. These four components make up what our organization provides to families and caregivers in need.



# ASQ Questionnaires

One of the main components, Data Collection and Analysis, includes the Ages and Stages Questionnaires. It's a free, simple, and very quick process for parents and caregivers to ensure that their young infant or child (1 month up to 5.5 years) is on track for their major milestones and social-emotional development! Parents will then receive one of our complimentary early learning diaper bags (see picture below)! By clicking the link provided the family member or caregiver will be taken to both the ASQ-3 and ASQ:SE. After completion our Early Childhood team will send out the results via email or text within 24-72 hours.



SPRING 2024

# Thank you to all of our Donors and Affiliates!

We appreciate all of the support you give us



<https://cehd.missouri.edu/parentlink/>



[1-800-552-8522](tel:1-800-552-8522)