

# WCAC Early Head Start Newsletter



May/June 2017

## Get Informed, Get Involved



## Mental Health Month

Each year, millions of Americans face the reality of living with a mental health condition, as 1 in 5 U.S. adults will experience a mental health condition in their lifetime. However, *everyone* is affected or impacted by mental illness through friends and family.

Throughout May, NAMI and participants across the country are raising awareness for mental health. Each year, we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

♦ See more at: <https://www.nami.org/>

CALL THE NAMI HELPLINE

[800-950-NAMI](tel:800-950-NAMI) [info@nami.org](mailto:info@nami.org)

M-F, 10 AM - 6 PM ET

Visit  
[youth.gov](http://youth.gov)

for more information



## Asthma Symptoms

If you have asthma, you may experience one or more of the following symptoms:

**Wheezing** - A whistling sound heard when breathing in or out.

**Coughing** - A cough that may not go away and often occurs or worsens at night or early morning.

**Chest Tightness** - Feeling as if something is squeezing or sitting on your chest.

**Shortness of Breath** - Feeling as though you can't catch your breath. You may feel as though you are breathless.

Each person may experience different asthma symptoms. Symptoms can vary over time in both frequency (symptoms every few months to every day) and severity (mild to severe). You can play a very important role in managing your asthma by avoiding triggers, monitoring your symptoms, and doing other things as outlined by your healthcare provider.

## Upcoming Events

**MONDAY MAY 8th**: Socialization 10:30-12:30 Parent Meeting 11:00-11:20

**THURSDAY MAY 18th**: ***EHS Field Trip to The Eric Carle Museum***

*Bus will leave Southbridge Head Start at 9:30. We will return by 2:30 (Possibly earlier). There will be no transportation to Head Start and all children MUST have car seats*

**TUESDAY MAY 23rd**: Tanglewood Marionettes 5:00

**FRIDAY MAY 26th**: Socialization 10:30-12:30

**MONDAY MAY 29th**: CLOSED for Memorial Day

**MONDAY JUNE 5th**: Socialization/Parent Meeting 10:30-12:30

**FRIDAY JUNE 16th**: **Field Trip** (Tentative/Davis Farmland)

**THURSDAY JUNE 22nd**: Socialization 3:30-5:30

MAY SCHOLASTIC ORDERS: Due by Thursday May 25th

\*Order through your Family Educator.

Checks made payable to **Scholastic Reading Club**, or pay cash.

\*Order online using our classroom code: **Q X 6 G F**

Every order you place helps us earn FREE books for the EHS classroom!

## Mark Your Calendars!

### **It is never to late to earn your HISET/GED!**

Classes are held at WCAC on Wednesday's and Thursday's from 4-7:30 pm.

You can start at anytime throughout the year. Open enrollment is held every Thursday from 4:30-5. Registration, testing and orientation session is a **MUST**.

Please bring copy of: Proof of address (at this time program only open to Southbridge residents), proof of income and a photo ID

All classes are individualized and self-paced

Classes are FREE

### **Community Baby Shower**

Having a baby? Newly Parenting?

Attend this event and receive gift bags, prizes, free food and information!

Bring a friend, family member or partner.

Wednesday May 24th

1:00-4:00

Notre Dame La Salle Hall

444 Main St. Southbridge

## Visit Us On the Web

[www.wcac.net/youth-and-family-services/early-head-start/](http://www.wcac.net/youth-and-family-services/early-head-start/)

Follow Us On Facebook/Twitter

Worcester Community Action Council