



## July 2022



### Ah, Summer!

*"July is hot afternoons and sultry nights and mornings when it's a joy just to be alive. July is a picnic and a red canoe and a sunburned neck and a softball game and ice tinkling in a tall glass. July is a blind date with summer."*

- Hal Borland.

The long-awaited summer is here. The days are long and often busy with work and family commitments, yards and vacation plans. Summer offers a myriad of opportunities to embrace healthy choices from outdoor activities to healthy meal options. Are you ready to make the most of your summer?

#### Check out these 5 tips for enjoying a fun and healthy summer season:

- **Enjoy the outdoors:** Spending time in nature has been shown to help with mental health and can alleviate anxiety and depression. Whether it be enjoying your workday lunch outside or enjoying a weekend picnic, eating outdoors allows us to get some fresh air and soak up some sun. Try finding new places to explore and enjoy some time outside!
- **Remember to hydrate:** With warmer weather comes warmer body temperatures and more water lost through breathing and sweating. Keep a water bottle with you wherever you go, and spice things up by making your own flavoured water with a combination of your favorite fruits and herbs.
- **Plant a food garden:** Reconnect with your food by growing it yourself. If you have a patch of land, a patio, or even a windowsill, chances are you can grow something.

Whether it be fruits like berries, vegetables like peppers, or even herbs like basil, there are so many things you can grow!

- **Try in-season eating:** In-season foods are often cheaper, whether it be at the grocery store or at the farmer's market, and are usually more nutrient-dense since they're grown during their natural growing and ripening periods. More and more grocery stores are highlighting their in-season products, so check those out in your local flyers during your next visit!
- **Discover plant-based recipes:** Keep things light and fresh by exploring more plant-based recipes this summer. They offer a plethora of vitamins, minerals and other essential nutrients, and digest quicker than meat so you can feel energized in the summer sun. Try something new!

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## A Parenting Moment

Children count the days to summer break; the excitement of time away from school, summer activities, vacations, and the relaxed schedules of the summer holidays. Every parent knows that this excitement may not last as the summer progresses and inevitably, parents and children clash when summer excitement switches to summer boredom. You are not alone. Check out this helpful video for tips and suggestions to help smooth the parent - child relationship when things start to get tough.

### BUTTING HEADS WITH YOUR CHILD



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## Family Connections

a Group for Parents

Are you looking for an opportunity to meet and get to know other parents and have some enriching discussions on parenting? We have just what you are looking for.....

### Family Connections.

This parenting group runs every Tuesday from 10:00 to 11:30 a.m. during July and August. **Family Connections** provides individuals with a place to connect and decompress over coffee, conversation, and more. Each week we will explore a different topic that relates to the family experience. All parents, caregivers, and family members are welcome. Childcare is provided on site.

Free registration, call 306-244-0127 on Monday or Tuesday morning each week to pre-register.



## Meet Our Team

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Kayla Seel, BSW, RSW  
Teen & Young Parent Program Counsellor



Kayla Seel joined the Family Service Saskatoon team in the fall of 2021. Kayla serves as the counsellor for the Teen and Young Parent Program. She holds a bachelor's degree in social work and is a Registered Social Worker with the Saskatchewan Association of Social Workers.

*"I was born and raised here in Treaty 6 Territory and the Homeland of the Metis; spending my life growing up in Saskatchewan, I knew I wanted to give back to my community in some way. I am passionate about social justice, advocacy, mental health, harm reduction, working with families, and so much more. I chose the social work profession because I wanted to dedicate my career to helping others. Throughout my life and time as a social worker, I have learned that everyone experiences moments in their life where they need extra help or support. Family Service Saskatoon allows me to serve my community by helping those in need and supporting parents in establishing healthy lifestyles, building resilience, and developing mental wellness."*

The Teen and Young Parent program at Family Service Saskatoon aims to support young parents under the age of 30 in building confidence in their parenting skills, developing lasting relationships with their child, and addressing

any personal challenges they may be experiencing. We accomplish this goal through offering individual counselling, couples counselling, group therapeutic programming, and education presentations in the community. Programming helps young parents deal with parenting concerns, anxiety, depression, relationships, trauma, coping, and other life challenges. Our goal is to provide parents with the tools they need to foster strong, trusting, and secure relationships with their child.

Parenting presents many obstacles and joys; our program is here to empower resilient parents and to help build stronger families.

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