

HELP ME GROW NORTH TEXAS NEWS

[Sign The Help Me Grow Partnership Pledge Here](#)



"When you learn something from people, or from a culture, you accept it as a gift, and it is your lifelong commitment to preserve it and build on it."— Yo-Yo Ma

Asian American Native Hawaiian Pacific Islander Heritage Month

This month, we have the beautiful opportunity to honor, celebrate, and reflect the contributions and wonderfully diverse culture of the Asian American, Native Hawaiian, and Pacific Islander (AANHPI) community! Intentional exposure allows us to challenge our own biases and foster a more comprehensive understanding and appreciation of the strengths and barriers of cultures that vary from our own. Acknowledging and supporting diversity within our community provides the opportunity for all of our children to thrive. To learn how to increase allyship with the AANHPI community, view the toolkit [here](#). To view a list of children's books from AANHPI authors visit [here](#). Lastly, view the video AANHPI heritage month video from PBS kids [here](#).

Regional Family Leadership Summit

On April 22, Help Me Grow North Texas, the Early Learning Alliance, and the National Center for Families Learning joined forces to host the first Regional Family Leadership Summit! Approximately 50 adults and children were in attendance to enjoy collaboration, free books donated by [BookSpring](#), and informative trainings from local experts in the early childhood field. Language justice was also an integral part of this experience as the presentations were offered in both English and Spanish, and all attendees were provided translation devices. Thank you to all of those that joined us to make this event a success!



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Community Partner Spotlight

In April, *Hope's Door New Beginning* joined the Provider Support & Training Subcommittee to facilitate a training discussing how domestic violence impacts child development. The training was exceptionally impactful and informative to all that were able to join us. Hope's Door New Beginning provides a plethora of services including community education, emergency shelter, counseling, legal support, and more. View all services [here](#).

Mental Health Awareness Month

May is *Mental Health Awareness Month*! Mental health is important all year round, but the month of May focuses on this topic to raise awareness and reduce mental health stigma. The Department of Family and Protective Services has curated a toolkit to help support the families, communities, and children that we serve by facilitating discussions about positive mental health, self-care, and where to go when you are in need of assistance. View the toolkit [here](#). Don't forget, Children's Mental Health Awareness day is May 11!



Be Kind to Animals Month

Pets can play an integral part in supporting our mental health. May is also *Be Kind to Animals Month*. This month allows us to discuss ways to be kind to animals, both our pets and in the wild, while also highlighting the importance protecting them and their habitats. Places like [River Legacy Nature Center](#), [Fort Worth Nature Center & Refuge](#), and [Heard Natural Science Museum](#) can provide opportunities to learn more about animal habitats and how can support our furry, fishy, and fluffy friends no matter how big or small!

Important Dates in May:

[Get Caught Reading Month](#) (May 1-31)

[Water Safety Month](#) (May 1-31)

[Mother's Day](#) (May 14) ([mother's day cards here](#))

Employment Opportunities

[Child Care Group Careers](#)

[My Health My Resources Careers](#)

[United Way of Metropolitan Dallas Careers](#)

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