

# Help Me Grow North Texas News

## Winter Edition

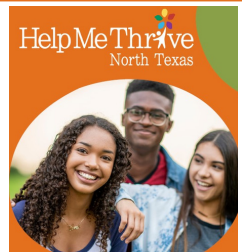
United Way of Metropolitan Dallas hosted their annual Jungle Bells event on December 6 at the Dallas Zoo. The turnout was tremendous as families were able to enjoy special animal encounters, free giveaways, and an extra exclusive performance by the Mavs ManiAACs! This event provides such a wonderful opportunity for families to enjoy a fun, educational experience together.



MHMR Tarrant County also hosted its annual Family Zoo Day at the Fort Worth Zoo on December 9! This event was well attended by families across the metroplex. Families were able to experience a beautiful day of music, treats, and visiting the baby animals! Thank you to all the families that came out this year!

### **Help Me Thrive** North Texas

Help Me Thrive is an interlocking system framework built on the evidence-based core components of Help Me Grow. Help Me Thrive serves youth ages 6-18 and their families that reside in the same 18 county region as Help Me Grow North Texas. Thanks in part to Tarrant County ARPA funds, Help Me Thrive Navigators are on site at 37 schools in FWISD. Navigators are able to screen for basic needs, general mental health for safety and/or potential trauma for youth ages 6 to 18. Families may reach a Help Me Thrive Navigator by calling 844-NTX-TEEN.



## Department of Family & Protective Services Toolkit: Strengthening Families

This month's toolkit highlights the 5 protective factors designed to empower and support families in building positive relationships within the family unit. The five protective factors are:

- Parental Resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social & Emotional Competence of Children

View the toolkit [here](#).

## Community Partner Spotlight!

[Unlocking the Spectrum](#) provides a diverse array of ABA services to support families on the eastern side of the metroplex. Unlocking the Spectrum focuses on a tailored, and individualized experience to meet the needs of each child and family. Their website also features invaluable information and fun activities like creating your own sensory bin! Check out their website [here](#) to learn more!



## Human Trafficking Resource

**Unbound** provides support to survivors of human trafficking, in addition to empowering agencies to combat human trafficking in our communities. This program offers the first ever drop-in center for youth in Tarrant County! They also provide a multitude of trainings with some specifically tailored to those of us in healthcare, school systems, and law enforcement! Check out more information [here](#).

## Teachable!

**Need FREE CEUs? Have a training idea you'd like to submit?** Teachable is a professional development platform that provides high-quality, pertinent trainings. These FREE trainings are a wonderful opportunity for providers to get CEUs and for you to expand your early childhood knowledge! Visit [here](#) to sign up and view current trainings. We also accept training submissions year-round!

## Important Dates in January:

January 1-31: National Human Trafficking Prevention Month

January 1-31: National Birth Defects Awareness Month

January 1-31: International Brain Teaser Month

January 16: Martin Luther King Jr. Day

January 27: National Preschool Health & Fitness Day

**What fruit can you never cheer up?**

**a blueberry**