



# McKINNEY-VENTO NAVIGATOR

A Pickaway County ESC newsletter



## Grants make a difference in county

By Dawn Whiteside  
McKinney-Vento liaison

We all can recall the first time that we saw *The Wizard of Oz* and Dorothy clicking the heels of her ruby slippers together, saying "There's no place like home. There's no place like home."



The number of families experiencing homelessness continues to rise in Pickaway County. Sometimes it can take months before they can find a place to call home.

With Project D.R.E.A.M. grant funds, we

have helped several families meet the basic needs this school year with gas cards, food, clothing, hotel stays and/or transportation.

We continue to aid multiple families and are honored to be able to support them. Providing families with help eliminates some of the pressure on them while they experience homelessness.

Although our grant has changed slightly, we have secured funding for the 2023-24 school year to help support families experiencing homelessness and who will need transportation funds, clothing, hotel stays, food, and supplies for their children.



Triple P is an evidence-based program that provides a system of varying levels of intervention to meet families' needs.



Parents face similar challenges when raising children and want nothing more than to raise happy, successful children.

Instead of making things up as you go, why not be confident that the parenting solutions and strategies you are using have been tried, tested, re-tested and proven to work.

Call me at (740) 474-7529 for information.



Photo by Krisztina Papp on Unsplash

## Self-care aids mental health

The term self-care has become so prevalent that it seems everybody is practicing it. There are good reasons to do so.

The active participation of enhancing one's physical, mental, emotional and spiritual health can improve quality of life and aid in reducing stress.

A 2022 article on Mental Health First Aid's Web site cited a study that reported the benefits of self-care included enhanced self-confidence (64 percent), increased productivity (67 percent) and happiness (71 percent).

Changes to a schedule — such as summer break — can create stress. Consider some of the following free activities for this summer that combine self care with fun.

• Parks: Whether you live in a small town or

a big city, there's a free park nearby ready for you to visit and enjoy for the afternoon with the kids.

• Picnics: Make a couple of sandwiches, grab a blanket and enjoy eating out in nature. Everything tastes better outside.

• Hiking: Parks, lakes and other natural areas may have marked hiking trails. Before you head out, check your local parks department Web site.

• Community events: Check your local newspaper, Web sites, library or community calendar for free events, such as runs, festivals and other outdoor events.

To learn more about self-care and its importance, go to [www.everydayhealth.com/self-care/](http://www.everydayhealth.com/self-care/).

## Resources available in county

Community members can take advantage of the following resources:

**Picca's Fresh Produce Market** takes place the second and fourth Thursday of the month, 9:30 to 11 a.m., 722 Clinton St., Circleville.



**Ashville Food Pantry** is also open the second and fourth Thursday of the month, 10 a.m. until it is out of food, 20 Church St.,

Ashville.

There are 21 **Community Cupboards** in the county for additional needs. Check out its Facebook page (Community Cupboards of Pickaway County) for information.

Community Cupboards is having a non-perishable food collection next month.

Volunteers will be at Pumpkin Show Park on North Court Street from 5-8 p.m. Friday, June 2, collecting donations. All food collected will be made available to Community Cupboards of Pickaway County.

