

# Project H.E.L.P.

## Healthy Environment For Little People



### January is National Mentoring Month

National Mentoring Month (NMM) is the time each year when the Nation highlights mentoring and the positive impact it can have on young lives. NMM, created by the Harvard School of Public Health and MENTOR (a national organization that promotes mentoring), is marking its ninth year.

This month-long outreach campaign focuses national attention on the need for mentors, and how each of us—individuals, businesses, government agencies, schools, faith communities and nonprofits—can work together to increase the number of mentors and assure brighter futures for our young people.

Mentoring can play a large part in strengthening and enriching the lives of families. Mentors can provide support to parents who find themselves challenged and even overwhelmed while parenting their children. For first time parents, unprepared young parents and those raising children with special needs, the fear and trepidation that comes with parenting can be met head on with a mentor.

Parent Mentors are afforded opportunities to devote their time to one mentee, allowing for the development of a close relationship, the key to successful mentoring. Ideally, the close relationship provides the opportunity for the Parent Mentor to help a parent gain a better understanding of the developmental stages of childhood, learn or improve childrearing skills, and gain confidence in their own inner strengths as a parent. The Parent Mentor also introduces the parent to helpful outside resources.

**“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.”**  
 ~John C. Crosby

“Expand your universe” and become a Parent Mentor. For more information on becoming a Parent Mentor Volunteer call 630.357-LOVE (5683) or [projecthelpdupage@yahoo.com](mailto:projecthelpdupage@yahoo.com). Let’s work together in preventing child abuse and neglect by strengthening families and communities.

*By Regina Rogers  
 Director*

## Become a Volunteer Parent Mentor

#### What is Mentoring?

Mentoring is a relational process by which one person shares knowledge, information, skills, and perspective to foster the positive development of someone else. Mentors facilitate the positive growth in an individual by helping them to discover their strengths and develop skills for success.

#### Mentoring Requirements:

Mentors are not professionals and mentoring does not require extensive training or expertise to be effective. However, there are certain qualities needed in order to implement strong mentoring relationships. Effective mentors are active listeners, empathetic, understanding,

patient and persistent, have strong communication and interpersonal skills, and are personally and/or professionally stable.

#### Why Mentor?

Research has shown that effective parent training and family interventions promote protective factors and lead to positive outcomes for both parents and children. Also, you will be amazed by how much you’ll get out of the experience.

So share what you know. Become a mentor. To learn about mentoring visit [www.projecthelpdupage.org](http://www.projecthelpdupage.org) or call 630.357-LOVE (5683) today.

# Take The 6-Month Challenge To a “Stress-Less” You

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Many parents with kids with special needs get an extra helping of stress everyday. Of course we know there is no way for a parent of a child with special needs to avoid stress entirely. However, there are ways to manage stress instead of letting stress manage you.

If you are looking to jumpstart the year and learn how to reduce and manage stress, then join the SOS (Saving Our Sanity) Parent Group and take the 6-Month Challenge to a **“Stress-Less” You.**

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January 18th  
“Meditation: Learn Simple  
Techniques to Restore  
Calm and Inner Peace”

February 15th  
“Standing Up to Stress”  
\$10 Fee

March 15th  
“Secrets to Health,  
Wellness, & Nutrition”

April 19th  
“Parent With Less-Stress  
Using Love & Logic”

May 17th  
“Reduce Stress With a  
Balanced Diet”

June 21st  
Challenge Wrap-Up &  
Celebration

Mark your calendars for the 3rd Monday for the next 6 months.

The SOS Parent Group  
meets at 1815 West Diehl Road  
Suite 100  
Naperville, IL 60563  
7pm—9pm

Presentations will include refreshments,  
give-aways, and are open to the public.



Please RSVP to [projecthelpdupage@yahoo.com](mailto:projecthelpdupage@yahoo.com)  
For further information visit us at [projecthelpdupage.org](http://projecthelpdupage.org)  
or call 630-357-LOVE (5683)

# Becoming a Love & Logic Parent

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## Winter/Spring Schedule 5-Week Workshops

Wednesday, January 20<sup>th</sup> - February 17<sup>th</sup>  
Time: 7 pm – 9 pm  
Location: Steeple Run Elementary School

Wednesday, February 24<sup>th</sup> – March 24<sup>th</sup>  
&  
Wednesday, April 7<sup>th</sup> – May 5<sup>th</sup> &  
Time: 7 pm – 9 pm  
Location: 1815 W Diehl Road, Suite 100,  
Naperville, IL

Dates: Thursday April 22<sup>nd</sup> – May 20<sup>th</sup>  
Time: 9 am – 11am  
Location: Our Savior's Lutheran Church,  
815 S Washington Street, Naperville IL

### To Register

Visit [www.projecthelpdupage.org](http://www.projecthelpdupage.org).

Download registration form.

Mail form and check payable to

Project HELP, 1815 W Diehl Road, Naperville, IL 60563

Cost is \$45.00 per person or \$70 per couple.

Workbook and handouts included.

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## Love & Logic Testimonials

"I found this class to be very relevant and solution-oriented in the fast, often daunting world of parenting. There are many specific examples to draw from, the instructor was dedicated, well-spoken and engaging. No matter what age the child, there are many practical ideas to take home and put into practice."

Love & Logic Participant

"This class reminded me how important compassion is in dealing with a child. It's something that comes so easily when they are babies, but becomes a little more difficult as they become older and learn to push buttons."

Love & Logic Participant

"This class has really helped me to become a better father and how to treat my kids with respect."

Love & Logic Participant

"This class has taught me that it is okay that my children are making mistakes. What a relief to know that they can learn about real consequences now as opposed to later in life."

Love & Logic Participant



National Exchange Club Foundation for Prevention of Child

1815 W Diehl Road  
Suite 100  
Naperville, IL 60563

Visit our website at  
[www.projecthelpdupage.org](http://www.projecthelpdupage.org)

**“We make a living  
by what we get, but  
we make a life by  
what we give.”**

**~Winston Churchill**

## 6 Things to do this January

1. Become a mentor.
2. Learn more about mentoring opportunities in your community.
3. Tell 5 friends about volunteering as a mentor.
4. Make a donation to a mentoring organization in your community.

To make a donation to Project H.E.L.P.

Mail a check payable to:

Project H.E.L.P.

1815 W Diehl Road

Suite 100

Naperville, IL 60563

Or

Donate online at

[www.projecthelpdupage.org](http://www.projecthelpdupage.org)



5. Watch videos of celebrities talk about the mentors in their lives.  
(<http://www.hsph.harvard.edu/chc/wmy2008/index.html>)
6. Thank Your Mentor - January 21 is Thank Your Mentor Day. On that day, many Americans will reach out to thank or honor those individuals who encouraged and guided them, and had a lasting impact on their lives.

### Ways to Thank Your Mentor

- Contact your mentor directly to express your appreciation.
- Pass on what you received by becoming a mentor in your community.
- Write a tribute to your mentor for posting on the "Who Mentored You?" Web site.
- Send a Thank-You greeting card.