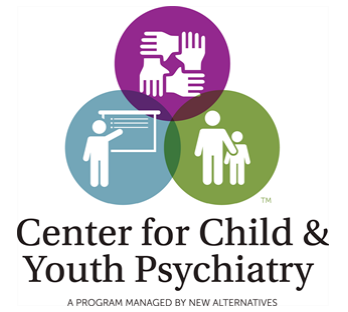


CCYP HAPPENINGS

May 2021

ccypsd.org



May is Trauma Awareness Month!

The California Department of Health has partnered with the California Surgeon General, Dr. Nadine Burke Harris for Trauma Awareness Month in May. Trauma can impact the mental and physical health of our communities, for all Californians young and old. This toolkit encourages Californians to share their stories of healing and support using hashtag #IAmTraumaAware.



Youtube link: [Message from Dr. Nadine Burke Harris](#)

Carousel: Mental Health Check

Mental Health Check

01. Rate your mood from 1 - 10. (1 = 😞, 10 = 😊)

02. What mental health symptoms are you experiencing?
1. Do you know the trigger?
2. How are you managing it?

03. What is taking up most of your headspace today?

04. What is something you can do today to show yourself love and care?

05. What can you do today that will bring you joy?

[Local maternal, child and adolescent health \(MCAH\) programs](#) are responsible for improving the health and well-being of the women and families in their region. This is done through an array of programs and initiatives that serve California's diverse populations, providing best practice interventions, resources, information and data about health and social topics such as reproductive health, family planning, pregnancy, intimate partner violence and more.



Here's a list of some of the programs:

- [Black Infant Health \(BIH\)](#)
- [Breastfeeding](#)
- [California Diabetes and Pregnancy Program \(CDAPP\)](#)
- [Nutrition and Physical Activity \(NUPA\)](#)

- [Oral Health](#)
- [Sudden Infant Death Syndrome \(SIDS\)](#)
- [Children and Youth with Special Health Care Needs \(CYSHCN\)](#)
- [California Children's Services \(CCS\)](#)



Summer is coming!

With summer around the corner parents are probably thinking about what activities they can do during the summer that are cheap and free during COVID.

- 1. Follow in San Diegan Tony Hawk's footsteps and take your board to roll with it, flip, jump and carve at one of [San Diego's many thrilling skateparks!](#)
- 2. [Go tidepooling!](#) Explore all of the hidden treasures our beaches reveal at low and minus tide.
- 3. Watch a glorious sunset at one of our [favorite spots to behold the most scenic views](#) in the city.





Check out [this article](#) for the rest of the activities.

Positive affirmations: to remind ourselves to take care of ourselves.

**Tenderness
is not a
weakness.**



**Healing is not
linear. There will
be good days
and bad days.**



**In a world that
can be cruel,
choose to be
kind.**



**Be gentle
with yourself.**



**Self-care is
not selfish.**

