



THE FAMILY TREE
INFORMATION, EDUCATION & COUNSELING CENTER

HELLO Autumn



Welcome Mayci Doucet!

As many of you may know the previous CAN Coordinator, Jerri Byrd Hodges, is no longer with Healthy Start in this capacity. She has transitioned to the Department of Children and Family Services full time. Although we will miss her, we are very excited to announce that former case manager, Mayci Doucet will be filling this position.

Mayci has been with Healthy Start for over a year and is passionate about helping families achieve growth and self-sufficiency. She is very excited to begin this new journey with a program, staff and clients that she loves. Please be looking out for a welcome email from Mayci. You can read all about Mayci on our website www.acadianafamilytree.org

**4th Quarter CAN and QPR
Lunch-n-Learn**



Suicide prevention is everybody's business!!

Jacob Crouch Suicide Prevention Services consist of suicide awareness and prevention educational programs that can be taught to anyone. And this month for our quarterly CAN meeting, we are going to hear from Brittney Williams, Region 4 Suicide Prevention Coordinator and QPR Certified Gatekeeper Instructor. She will help us recognize and appropriately respond to someone who may be contemplating suicide.

QPR is brought to you by The Family Tree, Jacob Crouch Suicide Prevention Services, and Acadiana Area Human Services District.

Gatekeepers will receive 2 educational hours, and QPR is a NBCC Provider. This program is approved for 2.0 general contact hours of continuing education credit by the National Association of Social Workers – Louisiana Chapter as authorized by the Louisiana State Board of Social Work Examiners.

The CAN will be held Monday, Oct. 28th from 11:30 a.m. to 1:30 p.m. at the Goodwill Community Training Center, 2435 W. Congress St., Lafayette.

As a QPR-trained Gatekeeper you will learn to:

- 1) Recognize the warning signs of suicide
- 2) Know how to offer hope
- 3) Know how to get help and save a life

Seating limited. Registration required.

[CLICK HERE TO REGISTER](#)



Barber Shop Talks

Attention all males who have children in their lives!! We don't just mean dads...we're calling all men, grandpas, parrains, uncles, brothers, step-dads, and any other man who has influence in the life of a child. As part of our new fatherhood initiative, we will begin having barber shop talks. This informal get together is actually in a barber shop. It's where men can come together and learn about ways to have a positive influence in the life of a child.

Contact our Fatherhood Coordinator, Greg David by calling him at the office (337) 981-2180 or on his cell phone at (337) 654-7971 or by email at gddavid@acadianafamilytree.org

SIDS AWARENESS MONTH

Parents and caregivers can help create a safe sleep area for babies by taking the following steps:

- Place your baby on his or her back for all sleep times—naps and at night.

- Use a firm, flat sleep surface, such as a mattress in a safety-approved crib with a fitted sheet.
- Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old.
- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area. Additionally, do not cover your baby's head or allow your baby to get too hot.

UPCOMING SIDS TRAINING

KEEPING BABY SAFE

FREE Educational workshop on:
Safe Sleep
Car Seat Safety
Smoking Cessation
Self Care

Cypress-Gate Community Center
Iberia City Park

300 Parkview Dr. New Iberia, LA 70563



Guest will not only get a chance to visit with community vendors, but they will also be entered to win a door prize!



<https://babysafe19.eventbrite.com>

(337) 984-3458

Professional Development Training Hours available to all child care providers. Provided by Fitting Station Coordinator, Jerri Byrd Hodges, M.Ed., CPSTI, CWC1

OCTOBER 26, 2019

9:00 AM - 2:00 PM



CLICK HERE TO REGISTER FOR THE OCTOBER SIDS, CPS, SMOKING CESSATION, SELF-CARE TRAINING

Infant Mortality Awareness & Remembrance Service



We had a great turn out for our very special service honoring all of Acadiana's babies who have died too soon. If you were not there, you missed something really beautiful. It's so important to know that when a family loses a child, it affects the whole community. We heard from Jessica Foreman, LPC who shared these tips when you know someone who is grieving the loss of a loved one.

- Stay with the person, even if you have nothing to say.
- It's okay to not know what to say. You can say nothing or say very simple things like I'm sorry or You're in my thoughts.
- Be very specific in your offerings of help, like I'm bringing you supper tomorrow, Do you like spaghetti.
- Remember their loved one and bring them up in conversation or publicly such as a Facebook post.
- Check in from time to time through calls, texts or social media. Long after everyone has gone and life carries on, people can become the loneliest.

Domestic Violence Awareness Month



Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national level. The activities conducted were as varied and diverse as the program sponsors but had common themes:

- Mourning those who have died because of domestic violence
- Celebrating those who have survived
- Connecting those who work to end violence

These three themes remain a key focus of DVAM events today. In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989, the U.S. Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Such legislation has passed every year since with National Coalition Against Domestic Violence providing key leadership in this effort. Each year, the Day of Unity is celebrated the first Monday of Domestic Violence Awareness Month.

—Adapted from the *1996 Domestic Violence Awareness Month Resource Manual* of the National Coalition Against Domestic Violence



**You sure I'm in
the right car seat?**

[NHTSA.gov/TheRightSeat](https://www.nhtsa.gov/TheRightSeat)



Child Passenger Safety Fitting Station

We were so excited to be part of National Seat Check Saturday on September 21st. We helped 56 children leave the event safer than when they arrived. Do you know if your child in the correct seat according to their size, age, development level and the law? Did you know that the law changed as of August 1st? If you need to speak with a certified technician, just call our office at (337) 981-2180 to schedule a FREE appointment to have your seat checked. This is a FREE service! Don't think you know...KNOW you KNOW!! #KnowForSure

**Crossing the Road is Important.
Are you doing it safely?
More Importantly...
Are You Teaching Your Children to do it Safely??**



There's lots of Halloween activities coming up soon! We are very excited to be participating in Macaroni Kid's Trunk or Treat activities on Oct. 12th and Oct. 26th. Just click on their image above to be redirected to their website for all the details!

Macaroni
Kid

