

# STAR HOUSE NEWS

April 2023



## Highlights:

Educating Others: The Importance of Self Care as a Parent

Inclusive Workplace Cohort

STAR House 2022 Annual Report

Recent and Upcoming Outreach Events

Meet our new STAR volunteers

Launch Committee

Can you be a STAR?

## Educating Others

This year STAR House has launched a series of social media posts to help support the bond between caregivers and their children. Follow us on social media for more supportive content.

## The Importance of Self Care as a Parent

If you're a parent, chances are you might find yourself struggling to find time for self-care.

But it's worth your time (and your child's time) for you to take care of yourself!

Relaxing isn't just for kids.



Parents need self-care too!

Parent self-care is important. Too much stress can lead to withdrawal, depression, and anger. Your mental health affects your child! Unchecked mental health symptoms can lead to insecure attachment styles and to your child's own mental health problems.

## Like and Follow

Like and follow us on Facebook, Instagram, and LinkedIn to stay up to date on all things STAR House!

# STAR House 2022 Annual Report

We are proud to release the 2022 STAR House Annual Report.

Learn more about our accomplishments, supports, and work we did last year:  
[starhousemn.org/annual-reporting](http://starhousemn.org/annual-reporting)

## Inclusive Workplace Cohort

STAR House has been fortunate to have been accepted into this year's Ramsey County Inclusive Workplace Cohort! We are very grateful for this opportunity as it comes as a very opportune time for the development of STAR House's hiring and retention practices.

Learn more information about the cohort  
[ramseycountymeansbusiness.com](http://ramseycountymeansbusiness.com)



## Outreach Events:



January 21st at Yellowbird Coffee Bar  
Leah and Sarah spoke with customers about STAR House



March 2nd at Ain Dah Yung  
Volunteers Carmen and Marina lead a discussion with parents.



## Upcoming Event:

Do Good Roseville  
Juneteenth!

Saturday, June 17th  
11am to 3pm

Roseville Central Park  
2540 Lexington Ave

## Meet our new STAR Volunteers:



Sydney R.



Leah Manuel



Marina Hart



Pheng Xiong-Lor



## Join the Launch Committee:

As we come closer to the goal of opening STAR House in late 2023, we would like to invite you to be a part of the process. The board and strategy committee are currently searching for team members to join the Launch Committee. The committee will work together to complete a plan and execute tasks such as policy and care protocol creation, inspections, staff recruiting, gathering material items, and much more. If you would like to join this team at this exciting time, please reach out to Becki: [becki@starhousemn.org](mailto:becki@starhousemn.org)

Can you be a  
STAR to brighten  
a child's day?



The closer we come to opening STAR House, the more community support we will need. Now is the time to act to make a difference, and help push STAR House past the finish line! From \$1 to \$1,000,000, we greatly appreciate anything you can contribute. Please consider a one time donation or set up a recurring donation.

Will you help us create a place of safety and support for families of young children in Ramsey County?  
[www.starhousemn.org/donating](http://www.starhousemn.org/donating)

## Ways to support STAR House

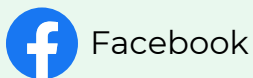
### Contribute Time or Funds

To volunteer, please reach out to [volunteer@starhousemn.org](mailto:volunteer@starhousemn.org) or visit [www.starhousemn.org/voluntering](http://www.starhousemn.org/voluntering)

### Donate Goods

In 2023, STAR House will begin accepting material donations! Stay tuned for details!

### Social Media



Facebook



LinkedIn



Instagram



Alignable

Resource Line: 651.356.8678

### More ways to support STAR House:

Employer Programs  
Benefit Event  
Tell Friends, Families, and Colleagues  
Corporate Grant Invitations



Email:  
[info@starhousemn.org](mailto:info@starhousemn.org)

Address:  
PO Box 4541  
Saint Paul, MN 55101  
[www.starhousemn.org](http://www.starhousemn.org)

