

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS LETTER

IN THIS ISSUE:

- Region 1 Updates
- Training Ops
- Virtual Packets



Do you want to stay up-to-date with the latest info?

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National Hobby and International Creative Month

"I'm bored!" Have you heard these words lately? Guess what? **January is National Hobby Month and International Creative Month**, which makes it a great time for you and your child to discover a new hobby and beat the boredom blues! Every January, during National Hobby Month, thousands of Americans celebrate their favorite hobbies and try out new ones. From outdoor activities like swimming or hiking, to artsy projects like painting or knitting. The library is the perfect place to explore new interests and check out materials on different types of activities. Maybe you can explore new hobbies such as:

- Arts & Crafts
- Cooking
- Lego building
- Sewing
- Jewelry making
- Knitting and crocheting
- Star gazing
- Painting
- Collecting coins, rocks or stamps
- Origami
- Drawing and painting
- Magic tricks
- Photography
- Learning a new language
- Games and much more.

Another year has rolled around and the planning and conducting of new ARNG CYS events, activities, and promoting different engagement opportunities available to youth and families through the Program are happening across all the 50 states, territories and district. It's an exciting time for everyone to reflect on those things from last year as we plan for the new year. Partnership building and planning continues for all the fun activities and events in store for the youth. We look forward to seeing you again in the New Year. --- If you have not connected with your local ARNG CYS Program

yet, we encourage you to reach out to your ARNG CYS Team and consider attending any of our upcoming programs and events!

<https://arngcys.com/my-local-cys-program>



GU ARNG CYS



AZ ARNG CYS
- STEM Day -



IL ARNG CYS



LA ARNG CYS

#GUARDFAMILIES

#ARNGCYS



WWW.ARNGCYS.COM



Maine Youth Camp



Massachusetts Yellow Ribbon Event Teen Council Volunteer



Vermont Operation Polar Express



Rhode Island Holiday for Heroes Event Teen Council Volunteers



New Hampshire Trunk-or-Treat



Connecticut Service Member & Child Dinner Dance



FY23 ARNG-CYS Professional Development





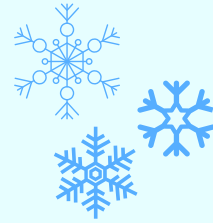
Operation Parent partners with child psychologists, pediatricians, and parenting experts to bring the most current information available. Check out their monthly live webinars and past recorded webinars on topics such as: Mental Health, Setting boundaries, and How to support anxious teens in developing resilience in stressful times.

<https://www.operationparent.org/parent-webinars>

MCEC Parent Webinars are presented live on Zoom Tue/Wed at Noon EST. Participants must register in advance.



- Time Management Tips for Your Elementary Aged Kids 01/10/23
- Time Management Tips for Your Middle and High School Student 01/11/23
- Staying Connected During a Service Member's Absence 01/17/23
- Identifying How Your Child Learns 01/18/23
- Building Test Taking Confidence in Mobile Student 01/24/23
- Test Taking and Transition: Confidence in Middle and High School Students 01/24/23



<https://www.militarychild.org/webinars>

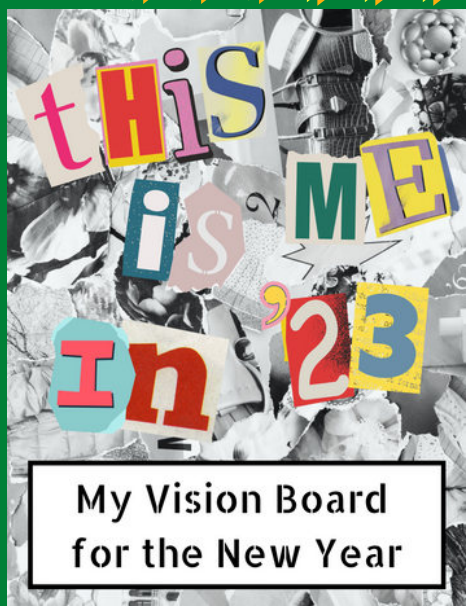
*This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

VIRTUAL PACKETS

NEW



ARNG CYs Virtual programming packets are quite popular these days. And with new ones coming out often, be sure to [contact your local ARNG CYs](#) to request your free activity packet to join in on the fun!



This packet is designed to help youth understand the goal setting process and then create vision boards collage of their goals for the new year. You'll have fun creating goals with your "this is me in '23" packet!

NEW

Check out the latest "January Activity Packet" the L/CYPCs in Region 1 [CT, MA, ME, NH, RI, & VT] developed!

