



Reaching Out

Norristown Area Communities That Care for Youth

Keeping Youth Safe & Drug Free

What is Back Talk?

Back Talk is a CTC/GNPAL sponsored youth group focused on the fight against drugs and violence in the Norristown area community.

Who can be a member?

Norristown area youth who are in 8th grade or above

When do we meet?

Every Wednesday at 4 p.m. at Greater Norristown Police Athletic League (GNPAL)

Why should I join?

- Free PAL membership
- Snacks provided at no cost
- Help reduce drug use and violence in the Norristown area community
- Recognized as a positive role model in the Norristown area community
- Receive rewards, such as trips to theme parks, free movie tickets, etc., for your completed community service hours
- Recommendation letters for jobs/college applications
- Opportunity to take part in life-changing experiences

For more information on Back Talk, contact Taylor Hayes at 610-630-2111 ext. 266 or thayes@fsmontco.org.

How to Strengthen Family Bonds During the Holidays

The holiday season brings great joy and great stress. As we try to balance our work and home obligations with the additional activities and expectations that the holidays bring, our anxiety level often rises. Below are some tips on how to make this holiday season more meaningful to your family.

Maintain and start new holiday traditions. They strengthen family connections and create a comforting sense of belonging and history.

Involve your children in holiday planning. If your children are excited and looking forward to the holiday you planned together, it will be enjoyable for all.

Volunteer your families' services to those in need. Helping people who are less fortunate not only strengthens family bonds, but reminds us of what truly matters.

Help your children buy or make gifts for others. Allow your children to experience the happiness that comes from giving, as well as receiving.

Make it a priority to relax and enjoy one another. Years from now your children will not remember the gifts they received or the varieties of cookies you baked. They will remember the relaxed time you spent together. Play family games, watch holiday movies and enjoy quality time together.

Be prepared for some conflict. Be realistic and know that conflicts will occur. Keep your sense of humor and be as forgiving of others as you need them to be of you.

Prioritize. You will not be able to conquer everything on your "to do" list. Prioritize what is most important to you and your family.

Set a budget and stick to it. Cut out the holiday fluff and devote your resources to those things that are truly meaningful. Suggest handmade gifts instead of store bought, check out thrift stores, prioritize items for your children and remind everyone that the magic of the holidays is time spent together.

Did you know after-school programs strengthen families, schools and communities?

“Students in after-school programs have a better academic performance, behavior, school attendance, and greater expectations for the future” (U.S. Departments of Education and Justice, 2000). Check out what is happening at the Greater Norristown Police Athletic League (GNPAL):

Free Tutoring

Monday-Thursday from 3–5:30 p.m. for students ages 6–18. Open gym is Monday–Friday at 3 p.m.

Chess Club

The Chess Club meets every Wednesday all year long from 6–8 p.m. For all ages and all skill levels are welcomed. Fee: None but GNPAL membership required

Back Talk for Middle and High School Youth

Conducted in partnership with Communities that Care, this program is for students in grades 8–12. Meetings are every Wednesday at 4 p.m. at the GNPAL Center.

Parenting Program

This weekly support program for parents is held at the GNPAL Center and is conducted by the Norristown Family Center and Carson Valley Children's Aid. Please call GNPAL for a schedule.

Mexican Folk Dancing

On Monday and Wednesday from 6–8 p.m.

Boxing

Tuesdays and Thursdays from 5:30–7:30 p.m. For boys ages 10-18 years old. Call GNPAL for details and availability.

Fall–Winter Soccer Clinic

Join the GNPAL Soccer Clinic being held on Fridays from 5–6:30 p.m. starting October 12 at Marshall Street Elementary School. For players 7 and older of ability levels. Fee: \$5 and GNPAL membership

Youth & Adult Tae Kwon Do

This martial art teaches physical and mental fitness as well as self defense. Classes are held on Tuesdays and Thursdays. Youth (ages 5 and up). Beginners at 5 p.m. Intermediates at 6 p.m. Adults at 7 p.m. Fee: \$20/month and GNPAL membership

FAMILY NIGHTS

Join us for family fun on several Friday evenings during the school year. You do not need to be a GNPAL member to attend. All children must be accompanied by an adult.

Holiday Night

Friday, December 14. For children ages 5 and up. Join us for an evening of holiday activities and fun.

Board Game Night

Friday, January 25, 2013. For children ages 5 and up. An evening for the family to play a variety of board and card games.

Science Night

Friday, March 15, 2013. For children ages 5 and up. Explore the world of science through a variety of hands-on activities.

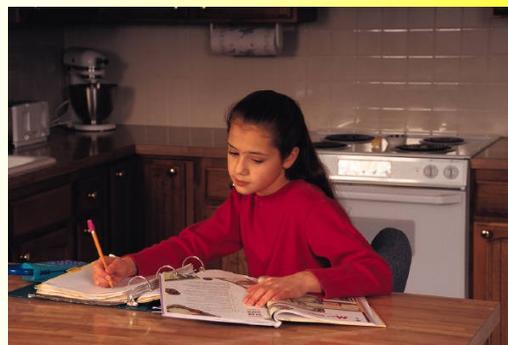
For more information on these activities, contact the GNPAL Center at 610-278-8040 or visit www.greaternorristownpal.org.

Get your kids out the door without a fight!

Do you find yourself rushing your children out the door in the morning only to discover that they forgot their homework or lunch at home? Below are some tips on how to make your mornings more pleasant and send your children off to school on time and with everything they need.

The best place to start is in the evenings. Assist your children as they:

- Make sure homework is complete and put into their backpack before they go to bed.
- Place their backpacks by the front door.
- Lay out the clothes they plan to wear the following day.
- Shower or bath.
- Prepare lunch for the following day and place it in the refrigerator.
- Go to bed at a reasonable time. Allow eight hours of sleep.
- Try to go to bed at the same time every night; set alarm clock for the morning.



In the morning:

- Get up at the same time every morning, at least 30 minutes before they need to leave for school.
- Get fully dressed before they sit down to breakfast.
- Eat a healthy breakfast.
- Brush their teeth.
- Take lunch out of fridge and place it into their backpack.
- Give hugs and kisses goodbye.
- Leave for the bus stop (or walk to school) in time to arrive at least 10 minutes before they are required to do so.



Make mornings enjoyable family time and send your children out the door feeling rested and prepared for the day ahead!

Who can find the time to keep up with their kids lives?

www.FindYour25thHour.org



KEEPING YOUTH
SAFE
&
DRUG FREE

Communities That Care
3125 Ridge Pike
Norristown, PA 19403
Phone: 610-630-2111 ext. 236
Fax: 610-630-4003
info@norristownctc.org
www.NorristownCTC.org

Communities That Care (CTC) is a risk-focused approach to reducing adolescent problem behaviors through community mobilization and planning. Local citizens and community leaders work together to identify the risk factors that increase the likelihood of problem behaviors developing, and enhance the protective factors that can shield youngsters from problems. The risk and protective factors are used to implement a comprehensive plan to step ahead of the problems with far-reaching and long-lasting solutions.

10 things parents can do to keep their kids alcohol and drug free

1. Have a loving family environment where your children know they can talk to you about how they feel and what they are going through.
2. Be a good role model for your children. Don't do drugs or abuse alcohol.
3. Make sure your kids know how to contact loved ones when they are in a bad situation.
4. Know your kids' friends and keep negative influences away from them.
5. Spend regular, quality time with your children. Go to museums, the zoo and church together. Enjoy dinners and family movie nights.
6. Do chores side by side; take pictures and make a family album, play dress up.
7. Make sure they are educated on the dangers of alcohol and drugs.
8. Do not allow your kids access to alcohol in your home.
9. Let your children know the consequences of drinking or doing drugs.
10. Enroll them in positive activities.