

Clear Creek Independent School District  
Counseling & Student Services

# February Newsletter

## Tax Season is Here!

Free Quality Tax Preparation By Neighborhood Tax Centers  
a program of Baker Ripley

- Free Tax Preparation
- Free E-filing for FAST refund
- Free Direct Deposit
- Free ITIN applications

### Who is eligible?

Families and individuals earning up to \$58,000

No appointments, Walk ins.

### Clear Lake Location:

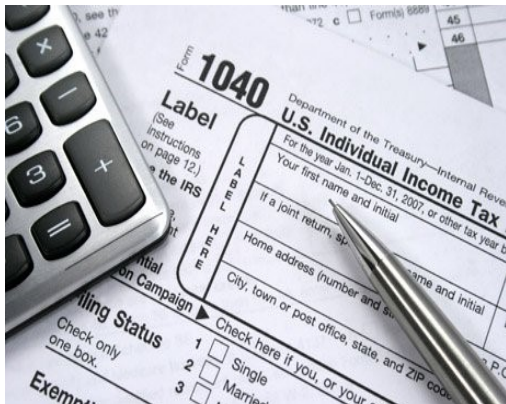
United Way Bay Area Service Center  
1300 Bay Area Blvd, 77058

### Hours:

Opens January 28th  
2019

January & February:  
Monday– Friday  
11-7pm

March: Monday-  
Friday 11-6pm





## United Way Thrive

### What services are available?

- Financial Coaching
- Employment Coaching
- Resource Support

### United Way Thrive— Bay Area

Building A, 1300 Bay Area Blvd. Houston TX

77058

To get started contact: 281-282-6000 &  
attend a 15-minute orientation

All Services are **FREE** to you

*“Try to be a rainbow in someone else’s cloud” Maya Angelou.*

### **Vocational Training Opportunity through United Way Thrive**

Free Texas Insurance  
Agent Certification Course

February 19th-28th

Attend an information ses-  
sion on February 1st, 8th,  
or 15th from 9:00am-  
12:00pm

Call 281-282-6061 or e-  
mail  
[mclement@familyhouston.org](mailto:mclement@familyhouston.org)  
for more information  
about the eligibility re-  
quirements or to RSVP



### **Vocational Training Opportunity through United Way Thrive**

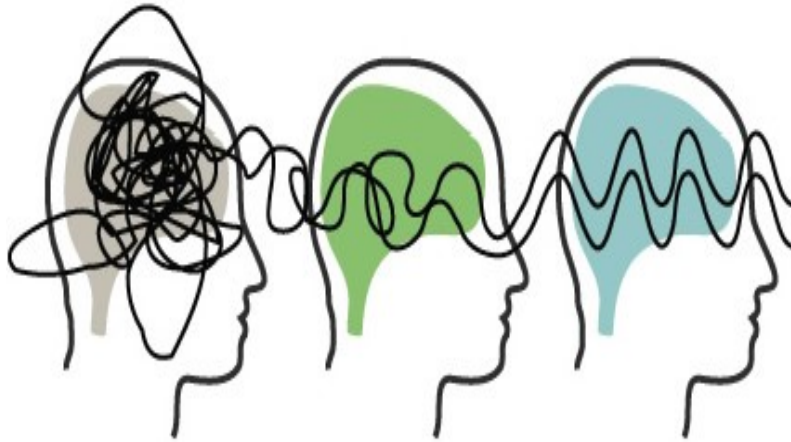
### **Bank Teller Training for FREE**

April 15th—May 19th 2019

Mondays & Wednesdays from  
6:00pm –8:30pm

Must attend an information  
meeting on February 5th at  
6:00pm

**Call 281-282-6061 or e-mail  
[mclement@familyhouston.org](mailto:mclement@familyhouston.org) for more information  
about the eligibility requirements or to RSVP**



### Understanding the Nature of Anxiety

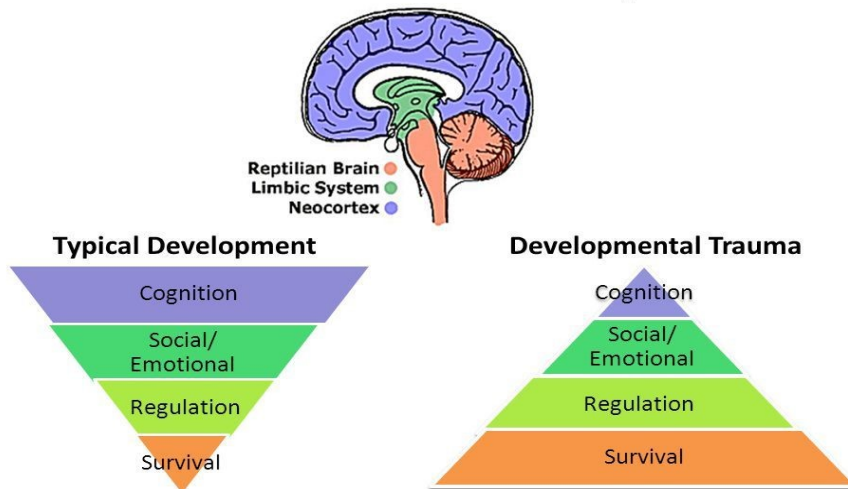
Anxiety is a normal part of the human experience. For example, a person may experience anxiety before giving a speech, taking a test, or walking down the aisle before getting married. For most people, these moments of anxiety fade quickly. Some people, however, experience anxiety that is so severe or long lasting that it begins to affect their ability to function.

### Understanding the Fight or Flight Reaction

Fear and anxiety are similar in that they both activate the natural survival mechanisms of the body. When someone is in danger, their body reacts automatically to the threat. Their senses become heightened and their muscles constrict so that they can either fight against the danger or run away from it. This “fight or flight” reaction is a powerful coping mechanism that can help us survive “life and death” dangers. Unfortunately, this same “fight or flight” reaction can create problems when anxiety is involved.

To Continue Reading Follow the Link: <http://www.nddtreatment.com/Newsletters/Anxiety.pdf>

## Trauma & Brain Development



Adapted from Holt & Jordan, Ohio Dept. of Education

### Quick Student Stress Busters

#### Elementary School Students:

Draw your Feelings  
Deep Breathing Exercises  
Protective Bubble

#### Middle School Students:

Silent Catch  
Learning to Stretch

#### High School Students:

Progressive Music  
Relaxation  
Diaphragmatic Breathing  
Experience Classical Music



## YOUTH MENTAL HEALTH FIRST AID

You may know CPR and the Heimlich maneuver.

You can call 911. But could you administer first aid in a mental health crisis? Similar to 'First Aid', 'Youth Mental Health First' Aid teaches individuals how to help those experiencing mental health challenges or crises. Sign up to take a class using one of the links below. These links are for CCISD employees only. Non-employees can register by emailing Amy Killgore at [akillgor@ccisd.net](mailto:akillgor@ccisd.net). This course is FREE and open to the public.

Monday, 3/25/19

<https://clearcreek.schoolobjects.com/wshop/default.aspx?cid=40135>

Monday, 4/1/19

<https://clearcreek.schoolobjects.com/wshop/default.aspx?cid=40137>

Monday, 5/20/19

<https://clearcreek.schoolobjects.com/wshop/default.aspx?cid=40138>



## UHCL COMMUNITY SPEAKER

**Date:** February 16, 2019

**Topic:** Expanding the Mealtime Horizon: Tips for Decreasing Challenging Behaviors and Increasing Variety into Your Learner's Diet

**Time:** From 10:30-12:30

**Location:** UHCL, Bayou Building, Room 1510 (Garden Room)  
2700 Bay Area Blvd. Houston TX 77058

**Cost:** Free

**Register:** <http://apps.uhcl.edu/ORS/CADD>



## MOBILE COMMUNITY RESOURCES

### **Community Health Choice Mobile Unit**

02/11/2019 from 10:00am-3:00pm.

147 Park Ave. League City TX 77573

Need health benefits? Assistance completing applications for children and families.

### **Mobile Food Distribution**

02/14/2019 @1:00pm

Address: Railroad & 3<sup>rd</sup> Street League City TX 77573

## McKinney Vento Homeless Education Assistance Act

Students who lack a fixed, regular, and adequate nighttime residence.

- Doubled up
- Hotels and Motels
  - Shelters
- “Substandard” or Inadequate Housing

For More resources or information review: <https://www.theotx.org/> or <http://tnoys.org/safety-nets-for-students/>

“Worn Out Welcome Mat” Video <https://www.theotx.org/resource/worn-welcome-mat-mp4/>



*“An Obstacle is often a Stepping Stone” Prescott.*

## Empowered to Connect Conference

It is a two-day conference for anyone interested in learning more about how to connect with children that are struggling. We especially know this is the case with kids that have experienced abuse, neglect, trauma. Research has shown that children who have experienced a difficult pregnancy, difficult birth or prematurity are also ones that may struggle. It does not matter whether this child is in a biologically intact home or from an adoptive home - each of these children need the help and hope from teachers, counselors, family, friends and more to ultimately thrive in this world.

Featuring Trust-Based Relational Intervention developed by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Child Development at TCU, this conference is ideal for those who are serving and supporting these families, including social workers, agency professionals, school teachers and counselors, church staff and ministry leaders, counselors, therapists and others.

**Hosted by Anchor Point**  
**Date: April 5-6, 2019**  
**Time: From 9:00am– 5:15pm**  
**Location: Life Point Church**  
**2450 E Main St. Suite H**  
**League City TX**

CCISD could benefit from more Big Brothers, Big Sisters Mentors at the Intermediate level.

Please contact Jeanne deVezin to learn more by email:  
[JDEVEZIN@ccisd.net](mailto:JDEVEZIN@ccisd.net).

Please share with the community as well.



**Big Brothers Big Sisters**