

Providing evidence-based substance misuse prevention services by enriching life-skills through education and strength-based practice, providing creative outlets and enhanced youth protective factors.

NEWSLETTER

JULY 2025



MEET OUR PREVENTION SPECIALIST

NICHOLE

Highlands Elementary School

I earned my Bachelor of Social Work with a certification in children's services from the University of Central Florida in 2022. Currently, I'm continuing my journey with UCF as I pursue my Master of Social Work.



With over five years of experience teaching young children in a private academy, I've also spent more than two years supporting both adult and child mental health. During this time, I've remained deeply involved in community service, volunteering with children in the foster care system.

Advocating for youth is truly where my heart lies. I'm passionate about protecting children's rights and empowering young people to thrive. My personal journey has taken me across 12 different U.S. states, as well as Germany and Puerto Rico—experiences that have broadened my perspective and deepened my commitment to diverse communities. I've been proud to serve with Eckerd Connects for over a year now, continuing to support and uplift the youth we serve.

DID YOU KNOW?

The Power of Routines

Establishing a daily routine can bring a strong sense of stability to family life. Consistent schedules give children a feeling of safety and predictability, helping them feel more confident and in control of their environment.

Beyond emotional security, routines provide a practical framework for teaching children how to set and achieve goals. Whether it's getting dressed independently, completing homework on time, or practicing a new skill, daily structure helps break goals into manageable steps.



Routines also reduce stress, improve time management, and create more opportunities for connection, like bedtime stories, shared meals, or weekend traditions. When families know what to expect, it's easier to be present and enjoy time together. Even simple routines can bring a sense of calm and togetherness that supports everyone's well-being.

FAMILY ENGAGEMENT

Movie Night

One easy way to build stronger family bonds is by setting aside time for a family movie night. Whether it's a new release or a classic favorite, sharing a film together creates space for laughter, conversation, and meaningful connection. Putting away distractions and focusing on shared time helps everyone feel more present and valued. It's not about the movie, it's about being together.

Creating this weekly or monthly tradition can bring a sense of comfort, routine, and togetherness that supports your family's emotional well-being.



[DIY Glitter Jar Guide](#)
[Click Here](#)

COPING CORNER

Glitter Jars

Arts and crafts can be a powerful way to manage big feelings, and Glitter Jars are a fun and soothing option. These sensory tools help slow racing thoughts and give the brain something calming to focus on. Watching the glitter swirl and settle can reduce anxiety, promote mindfulness, and help regulate emotions. Making glitter jars is also a creative activity that allows kids (and adults!) to personalize their own tool for calming down. It's a small craft with a big impact.





Each school day we work with youth on ways to build their personal strengths.

Join our efforts in ensuring they LIVE BEYOND these activities and have an opportunity to practice these skills with you and with their community.

PREVENTION TOPIC: GOAL SETTING

Setting Goals Helps Kids Grow!

Learning how to set goals is super important for kids. It helps them stay focused, manage their time, and feel proud when they reach something they've worked toward. When kids make goals that are small and possible to reach, they start to believe in themselves and see progress.

Think of goal setting like making a plan or using a map. When kids know what they want to do and why, they can take small steps to get there. This helps them build good habits and feel proud when they achieve something.

Even small tasks, like feeding a pet every morning or brushing your teeth before bed, are goals that help kids feel responsible and proud. These little habits add up and help kids feel more ready to face bigger challenges.

As kids practice reaching goals, they also learn important life skills like using time wisely, being patient, and taking responsibility for their actions. Goal setting also helps kids understand more about themselves. It teaches them to think about what they're good at, what they want to work on, and what kind of person they want to be.



A great way to help your child build goal-setting skills is by using a goal or chore chart. These charts make tasks clear and manageable, helping kids track their progress and celebrate small wins along the way.

The chart linked below is designed to stick to your fridge for easy access and visibility. It includes sections for incentives, encouraging children to stay motivated as they complete their tasks. Plus, it comes with fun stickers—perfect for younger children who are still learning to read—so they can feel proud and take ownership of their responsibilities.

[Goal Chart Download](#)

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