

www.G-DAY.org
Groton Dunstable Alliance for Youth
P.O. Box 328 Groton, MA 01450

The G-DAY Newsletter

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Letter From THE PRESIDENT

Dear Friends,

October is here and the fall season brings many school activities for Groton and Dunstable students. Students have settled into their fall routines and we as families are balancing home and school schedules. Taking time together as a family can be a difficult thing to master with so many moving pieces of the family puzzle, but is so rewarding when quality time is part of the family goal. The Groton Dunstable Alliance for Youth group strives to support you as families of the Groton and Dunstable community. If you are interested in a particular lecture topic and would like to research it further with us, please feel free to contact me. We are looking forward to Donna Shea's lecture on "Surviving Adolescence" on Monday October 25th for parents of tweens and teens (see lecture information on this page). We look forward to seeing many parents interested in how to manage those adolescent years. As always, our meetings are open to the public and if you are interested in finding out more about GDAY by attending a meeting, please contact me at bdolan@g-day.org.

Betsy Dolan

WHO WE ARE

Betsy Dolan
bdolan@g-day.org
President

John Llodra
jllodra@g-day.org
Treasurer

Michelle Hutchins
mhutchins@g-day.org
Parent-to-Parent Network
Newsletter Publisher

Ardie Henry
ahenry@g-day.org
Middle School Liason
1/2 Day Network

Anne Bradley
abradley@g-day.org
Webmaster

Current Events:

- Lecture: Surviving Adolescence:
Monday, Oct. 25th
7:00-9:00pm @ PIT
- All G-DAY meetings are open to the public. Next Meeting: Oct. 17, 7:00-8:30pm. Contact Betsy Dolan for Location.



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Surviving Adolescence -Outwit, Outplay, Outlast

Communicating with your preteen and teen to strengthen your parent / child relationship.

When: Monday, October 25th 7:00-9:00pm

Where: Groton Middle School North "PIT" room (follow signs)

In this workshop on adolescents, we will explore adolescent development, and how this exciting, yet sometimes excruciating, process of growing up can impact family life. "Surviving Adolescence" will explore why teens become "allergic" to their parents and how boys and girls journey through adolescence in similar and different ways. We will talk about how to gain respect from your teen, strategies for parenting a teen as opposed to a younger child and how to avoid the traps our teens set for us and the ones we set for ourselves to establish a healthy relationship with our tweens & teens.

GD Half Day Network

The Groton Dunstable Alliance for Youth's (GDAY) Half Day Network continues. The goals of the network are:

- To raise parent/community awareness about safety issues for children and teens on early release days
- To *facilitate* the planning of programs and activities in the community designed to keep children and teens safe, supervised, and having fun.

Keep an eye out for **Half Day** programs coming up in the Friday Folders. Some activities for the fall may include the Llama Lounge at the library, Nashua River Watershed Association activities, a Red Cross babysitting course, etc. Make sure you check the Friday Folder on the Middle School website.

Parent-to-Parent Network

The G-DAY Parent-to-Parent Network was created to share practical, evidence-based information and tools to support positive parenting. In the same idea as “it takes a village to raise a child” we believe that a strong community can help children grow up to be well adjusted, stronger youth.

Parent-to-Parent Network uses the Search Institutes 40 Developmental assets as the foundation of our programs. The developmental assets are building blocks of healthy development. (www.search-institute.org). This asset framework puts the focus on what kids are doing right, instead of focusing on what they may be doing wrong.

G-DAY Parent-to-Parent Network is dedicated to providing helpful resources and parenting tips through outreach programs, the parent resource center, and opportunities for education to increase confidence and enjoyment in raising our children.

We welcome all parents and caregivers to join us. Join the Parent-to-Parent team or just utilize our programs and resources to enhance our community and our youth. We are currently choosing our book for a Winter Book Discussion. Contact Michelle at mhutchins@g-day.org to get involved!

G-DAY's Community Resource Room at the Prescott School

GDAY is pleased to coordinate a drop-in center which contains many useful resources that are available to borrow and many which are free to the public.

The GDAY Community Resource Center is a drop-in center, open Monday- Friday, 9am-5pm during the school year. The resource room is located in Prescott School. We are next to the SpedPAC resource room. Use the side entrance and follow signs to the lower level.

If you would like assistance using the resource room, contact a GDAY steering committee member. Please visit our virtual resource room, on our website. www.g-day.org

The GDAY Resource Room houses numerous pamphlets, booklets and other resources that parents, educators, coaches and students may use to prompt age appropriate discussions on issues like:

40 Developmental Assets
Internet Safety
Bullying and Cyber-bullying
Alcohol Abuse
Smoking
Illegal Drug Use
Safe Proms
And much, much more!