



CBTS NEWSLETTER

June 2019

A Letter to Foster Dad's on Father's Day

Thank you. A million times over, thank you. I would not be the person I am today without your influence, support, and presence in my life. You may not be my biological father, but you stepped in and made such a difference in my life.

THANK YOU FOR NEVER GIVING UP.

Thank you for never giving up. Your persistence and determination have not gone unnoticed. I probably deserved for you to write me off long ago, but you refused to give up. Thank you for loving me.

THANK YOU FOR SUPPORTING ME EMOTIONALLY.

As I've gotten older, it's become painfully obvious to me how selfless of a father you've been. You've been a constant paternal presence, providing guidance, support, and love consistently.

THANK YOU FOR PROVIDING AN EXAMPLE OF WHAT A FATHER LOOKS LIKE.

I can't thank you enough for showing me what a father looks and acts like. You respected your children, biological or not, and you provided for us equally. Your love is unwavering and unceasing.

THANK YOU FOR PROVIDING AN EXAMPLE OF WHAT A HUSBAND LOOKS LIKE.

Until you came along, I hadn't seen an example of a healthy, successful relationship. I didn't know what it took to be a great partner or what love looked like. You've shown me how a gentleman acts and how to fight for what matters. You're a wonderful man and husband.

THANK YOU FOR LOVING ME.

I am a better person because you're in my life. Your love has taught me that DNA doesn't make a parent. Being there, never giving up, and dealing with both the highs and the lows, that's what makes you a parent.

"A good father
is one of the
most unsung,
unpraised,
unnoticed,
and yet one
of the most
valuable assets
in our society."

- Billy Graham



CONGRATULATIONS!!

We had two of our youth graduate from high school this year!! We are so very proud of their accomplishments and wish them well in their future educational pursuits. Congratulations Cris and Mayra!!

10 WAYS TO CONNECT WITH YOUR TEEN

1. LISTEN.

Pay close attention to what your teen says. Teenagers often communicate much more than what they may seem to be saying on the surface. Read between the lines and pay attention to tone and body language.

2. CREATE LITTLE RITUALS TO CONNECT.

Maybe you always give a hug along with the car keys. Or you always go for pizza together on Sunday night. Or you get your nails done with your daughter. Find things that work, and make them happen regularly. Your teen will come to expect and rely on those moments of connection.

3. BE THEIR SOUNDING BOARD.

If you're a good listener, your teen will share his or her problems. Your teen doesn't want you to step in and solve problems - that makes her feel incompetent, and dependent, so she needs to push you away. What she wants is for you to listen, and ask a few good questions, so she can sort out how she feels and think about the best solutions. She'll leave that conversation feeling closer to you.

(cont.)

CBTS

715 East 3900 South #206

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau

Owner

Mobile: 801-634-5379

cbts@xmission.com

Dawn Grames

Specialist

Mobile: 801-558-5668

dgrames@xmission.com

Brittani Neto, LCSW

Clinical Supervisor

801-268-4044





4. IF YOU CAN'T SAY SOMETHING NICE, DON'T SAY ANYTHING AT ALL.

Your teen isn't perfect. He or she will make a lot of mistakes. But the more you comment on them, the more your teen feels like you don't love them, even if you say you do. Sometimes you do have to make suggestions for improvement, but you can do those positively. In other words, look for what your teen is doing right, at that moment.

5. SHOW UP TO THEIR EVENTS.

After-school activities are often a large part of a teen's life, so taking an interest in their preferred hobby is a great way to connect. Make time in your schedule to go to a game or play and enjoy sharing in your teen's talents. You're there to appreciate! Just say "*I love to watch you play!*"

6. OFFER TO HOST A DINNER PARTY FOR YOUR TEEN AND A FEW OF THEIR FRIENDS

...but involve them in the planning of the menu and the cooking. This is a great way to not only teach your teen how to make simple dishes which will be helpful as they move out on their own, but also make them feel grown up, and that you have an interest in getting to know their friends as emerging adults.

7. WATCH MOVIES OR A WEEKLY TV SHOW TOGETHER.

Get the popcorn popped and enjoy some down time with your teen. Let them choose the movie rental or Netflix flick. Don't try to make this a regular Friday night thing, or your teen will feel like you're trying to keep them from social events. A Sunday night movie time when your teen can relax before the upcoming school week and after doing a lot of homework would be ideal.

8. TRY SOMETHING NEW TOGETHER.

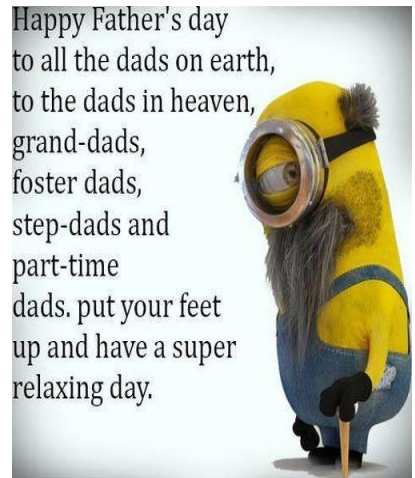
Sharing in a new experience with your teen is a fantastic equalizer.

9. HAVE FUN TOGETHER.

It's essential that you and your teen find ways to enjoy each other's company. Since your teen won't necessarily think what you want to do is fun, that means you'll have to pay attention to what they think is fun and join them. Having fun together makes it more likely that your teen will want to talk to you.

10. LET THEM HAVE THEIR FREEDOM.

Unless you have a real reason, there is no need to helicopter parent your teen. In fact, making your own mistakes is a huge part of growing up. Tell your teen that you know you are over-worried, but you need a little reassurance from them. Sit down and ask some questions about their plans, to be sure your concerns are met. ("*Will there be adult supervision? What will you do if other kids are drinking or smoking marijuana? What will you do if you feel like you're in over your head and you want me to pick you up, no punishment no matter what?*")





FREE JUNE EVENTS

June 1-2	Pride Festival	Washington Square & Library Plaza		all day event
June 4, 11, 18, 25	Parenting the Love & Logic Way 6:30 - 8:30 p.m.	Viridian Center Need to pre-register		8030 So. 1825 W.
June 7	Pride Prom	Gateway	71 So. Rio Grande St.	8:00 p.m. - 12:00
June 7	Dancing to the Classics W. J. Jazz Band Concert	Viridian Center	8030 So. 1825 W.	7:00-9:00 pm
June 8	Juneteenth Freedom Day Festival 10:00 a.m. - 3:00 p.m.	Viridian Center		8030 So. 1825 W.
June 8	Hazley Kirkland & Company B Concert 8:30 - 10:00 p.m.	Viridian Center		8030 So. 1825 W.
June 8	Kids Fishing Day Free fishing rod and reel also bait and tackle provided Also free lunch	Fairmont Park	1040 E. Sugarfont Dr.	9:00 a.m. - 12 no fishing license required pre-register at https://tkf-saltlake.eventbrite.com
June 12	Job Fair	344 E. 300 So.		5:00 - 7:30 p.m.
June 15	Asian Festival Arts, crafts, exhibits	South Towne Expo	9575 So. State	10:00 a.m. - 7:00 p.m.
June 18	Healthy Teens Summit	920 W. Levoy Dr.	Taylorville	10:00 a.m. - 2:30 p.m.

MORE FREE JUNE EVENTS

June 21	Honor Our Veterans West Joran Band Concert	Viridian Center	8030 So. 1825 W.	6:30-8:30 p.m.
June 21-23	Tooele Arts Festival Artists, performers, crafts	Tooele City Park	200 W. Vine	all day
June 24, 25, 26, 27, 28, 29	OWL Camp For ages 13-17	Viridian Center	8030 So. 1826 W.	8:00 a.m. - 1:00 p.m. Harry Potter based activities requires pre-registration
June 25	Roof Top Yoga All ages and levels of expertise	SLC Public Library	210 E. 400 So.	7:00 p.m.
June 28	American West Symphony & Chorus 8:00 p.m. Patriotic pops concert		Sandy Amphitheater	1245 E. 9400 So.
July 28	Utah Army National Guard Band Bring blankets and chairs		200 W. Vine	7:00 p.m.
July 28	West Valley Summer Party Community appreciation event, lunch and games		2250 So. Redwood Rd. #2	11:00 a.m. - 1:00 p.m.

