



Missouri National Guard Child & Youth Program Newsletter



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**We will gladly
add you to the
Child & Youth
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“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste adversity, prosperity would not be so welcome.”

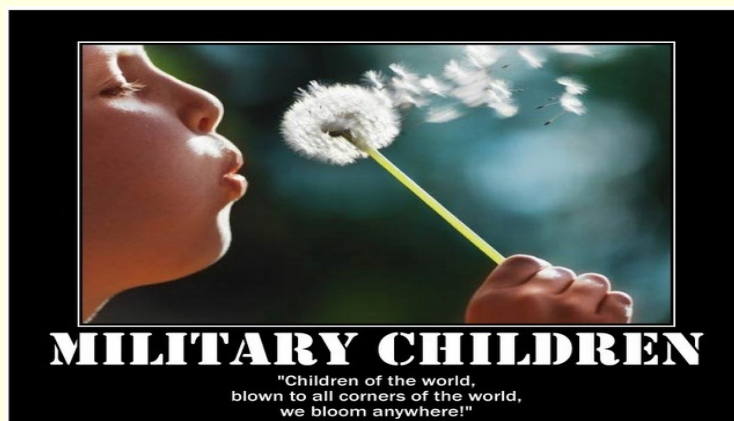
-Ann Bradstreet



One-Day Events will support the Enhanced Resiliency Program by providing Teen Master Resiliency Training and other healthy curriculum for the children and Youth. It's titled, "Bounce DON'T Break Through Life's Ups and Downs."

- One-Day Regional Event - May 20, 2017 Ft Leonard Wood MO
- One-Day Regional Event - July 22, 2017 Jefferson City MO
- Family Annual Training Resiliency Camp - July 28-30, 2017

At this Annual Training Resiliency Family Camp, Youth and Family will have the opportunity to experience their parents work profession and job duties during this camp. Youth and parents' will also undergo training involving Humvee rollover, convoy simulator, weapons simulator, Military operations laser system, rock climbing wall and many more team building activities. Our families will grow and thrive in the face of challenges that will build core competencies, enable mental toughness, optimal performance and strong leadership skills at camp.





Discover Tips to Make House Cleaning Fun



1. Play Music
2. Make it Into a Workout
3. Turn Cleaning into a Game
4. Clean Against the Clock
5. Create a Household Chore List
6. Get Your Kids Involved
7. Create a Cleaning Bin



Fun Resources for the Family this Summer

Active Duty, National Guard, Reserve, veterans and disabled veterans receive a **Silver Dollar City 2-day ticket for the price of a 1-day ticket OR \$5 off a Silver Dollar City 1-day ticket.** Kids under 12 is free admission.



Those in the military receive complimentary tickets if they stop by Windows 17 or 18 on game day. These are **based on availability**, so arrive as quickly as you can. You can only pick up these free tickets an **hour and a half before a game.**



Farmington Water Park. This water park allows you to show your military ID and purchase a season pass at a lower rate. Also check out your local water parks for military discounts.

Military Youth can now apply to be a part of our State Teen Panel.

What is the State Teen Panel? The Teen Panel supports the Missouri National Guard Child & Youth Program by providing and equipping military youth with education and leadership opportunities. It is our goal to bring Guard Youth together to form new relationships and achieve a culture of readiness and resiliency within our National Guard Teens.

What does the State Teen Panel do? Attend monthly phone conference calls and quarterly face-to-face conference meetings. The panel will be knowledgeable in all 14 of the Teen Master Resiliency skills, this training focuses on being resilient and equipping them with life skills that will prepare our teens to cope with the challenges of being a military child. The State Teen Panel also plan youth events and camps. Events are **FREE** of charge and are filled with **FUN!** (This looks great on resumes and applications as well)

**Applicants who are interested must be between ages 13-18 and a military dependent
Deadline for Applications are no later than May 3, 2017.**

Yellow Ribbon Event Kansas City, MO

Our youth enjoyed the day with Project YES!

Our youth were asked to draw an image of their emotions on how they feel when they are separated from their parents. Afterwards we discussed different ways to be more resilient during the separation.



Stressors of deployment.

Teens discussed and worked through different scenarios how to become more resilient when life doesn't go as they planned.



Enjoy pictures of our National Guard youth at our One-Day Regional Event at the Discovery Center in Springfield, MO

Youth worked together building a Warren bridge, utilized their engineering skills, they learned to work as a team while exercising their communication skills. GREAT JOB!



Make healthiness a lifestyle, not something that's temporary

45 Tips to Live a healthier Life

<https://personalexcellence.co/blog/healthy-living/>



Resources for Service Members

- **Hire a Hero** (<http://hireahero.org/>) - Hire a hero is an online job search for Service Members seeking civilian employment.
- **American Freedom Foundation** (<http://www.americanfreedomfoundation.org/>) - American Freedom Foundation honors, serves and supports Veterans, military service members, and their Families. We aim to help their transition to the civilian workforce through partnerships with military focused organizations.
- **Building Homes for Heroes** (<http://www.buildinghomesforheroes.com/information-request>) The organization builds or modifies homes, and gifts them, mortgage-free, to wounded veterans and their Families. It's our honor to support the men and women who have loyalty and courageously served our country.
- **Dog Tags for Kids** (http://www.dogtagsforkids.com/our_mission.php) - The Dog Tags for Kids Project is dedicated to helping United States Service men and women in most harm's way connect with their children at home. Specially engraved Dog Tags in the appropriate service color are provided FREE to the Service members for their children.

<http://www.militaryonesource.mil/> -Click for more Info- <http://heroescare.org/>

