

PROTECTING OUR CHILDREN'S TOMORROW TODAY



SPRING 2024
NEWSLETTER

The mission of Parenting for Non-Violence (P4NV) is to educate and support parents to raise their children in emotionally healthy ways so that their children can thrive personally, socially, and academically.

Dear Reader,

How many of us, who are parents, can say raising children was smooth sailing? How many of us had resources such as, extended family, financial security, two parent families and more – to help us through challenging times? Even if we did have the support, it was still not easy. Now, imagine living in a violent neighborhood, underemployed, with limited access to quality food, education, healthcare, and other services that promote healthy family life. Much like traditions, heirlooms, hair color, and secret family recipes get passed down through families, people can also pass down trauma. Generational trauma is a cycle of trauma that passes through families such as abuse as a child. This trauma may result in domestic violence and harsh and/or neglectful parenting. These effects may then carry over to street violence. Research has found that the signs and symptoms of generational trauma may include:

- A lack of self-worth
- Anxiety
- Depersonalization, or feeling detached from yourself and your surroundings
- Depression
- Emotional numbness
- Impaired life skills (e.g., critical thinking, decision-making, or managing your time)
- PTSD symptoms (e.g., feeling socially isolated, having negative thoughts, or losing interest in hobbies)

Many of P4NV's parents and families experience these and more. *THIS IS WHY WE DO WHAT WE DO!*

The Center for Disease Control (CDC) has included the above among risk factors for Adverse Childhood Experiences or ACEs that contribute to violence which, they state, is a major health problem in the USA.

The CDC has also developed strategies to help communities take advantage of the best available evidence for prevention. Among the approaches or steps to address these strategies are strengthening economic support for families and teaching parenting skills and family relationships. This is where P4NV comes in with a menu of *Active Parenting* programs, *Fatherhood* programs and *Financial Literacy*.



When we heal ourselves, we heal the next generation that follows. Pain is passed through the family line until someone is ready to feel it, heal it, and let it go.

–Author Unknown

P4NV focuses on the family as the basic unit of society and believes there can be no peace on the street without peace and a nurturing environment in the home.

Our Impact

We do continue to receive feedback from partner sites and parent attendees.

“I want to tell you in my opinion, in the last workshop it was very motivating, because the person who led the workshop gave us personal examples in which I identified, I was able to see things that I did not see before, for example; A lot depends on one's behavior as a parent and what we transmit to our children, and it has a lot of influence on whether we are older children, younger children, or only children. Our workshop presenter gave us study materials which I keep and I don't stop reading and I continue learning. The videos he presented helped me a lot. The class was very dynamic, I always wanted to know what else was next.”

–Mrs. Herrera, March 5, 2024

Moving Forward With Our Mission

In fiscal year 2022-2023, P4NV received a grant to develop and launch our Community Leadership Development Initiative. Seven people who are dedicated to making a difference in their community began participating in an intensive training in fall of 2023 to prepare them to facilitate our programs and become leaders in their own community. These seven have completed this initial training consisting of this sample of topics: family relationships, communication skills, are currently in training to deliver one of our programs.

We won an award to help us grow!

We are proud to announce that Parenting for Non-Violence has received a Cook County Starting Bloc Grant award. This award comes through the Cook County Justice Advisory Council (JAC).

Special thanks to Board Member Dr. Earl Thomas for helping put the grant proposal together. We will share our progress with you through this newsletter as we continue to learn and grow.

Thank you, Cook County! Strong healthy organizations help build strong, healthy communities!!



We thank all who made our outreach possible. Small non-profits cannot thrive without you!
As of April 2024, over 3,900 parents and caregivers have participated in one of our workshops.

INDIVIDUAL DONORS November 1, 2023 – May 1, 2024

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November 1, 2023 – May 1, 2024

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It's easy! Go to our website www.parenting4nonviolence.org and click on **DONATE**.

✓ Convenient for donors

✓ Boosts your impact as recurring donations compound over time

✓ Decreases our operating costs

✓ Provides us with consistent revenue

Donations can be mailed: Parenting for Non-Violence,
P.O. Box 190, Flossmoor IL 60422

WE NEED VOLUNTEERS!

Spread the word! Host a coffee or cocktails for a P4NV rep to share our story. Share a copy of this newsletter. *We really need support with grant research or writing.* Program development, marketing, finance committee are examples of other volunteer opportunities which rarely requires any travel. OR, you may have unique gifts to share. This is fun, exciting work!

Thanks for considering the many ways to support our mission and please pass this on to other potential supporters.

Parenting **4** Non-Violence