

September

## The Dinner Table Project

20 x 16

A program for families to eat together, have fun, and grow closer through conversation.

### Developmental Assets Positive Values

#### Caring

Parent(s) help child grow in empathy, understanding, and helping others.

**TIP:**  
Help your child get in the habit of writing thank you and get well soon cards.

#### Responsibility

Encourage child to accept and take responsibility for his/her actions at home and at school.

**TIP:**  
Talk to your child about the importance of saying "I'm sorry". Practice makes perfect!

#### Integrity

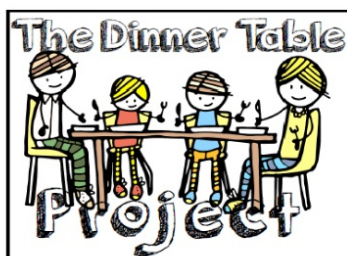
Help child develop his or his own sense of right and wrong behavior.

**TIP:**  
Have your child choose their own punishment and ask them why they think it's a fair consequence.

### Take 5 to Save Lives World Suicide Prevention Day on September 10th

[www.take5tosavelives.com](http://www.take5tosavelives.com)

1. Learn the signs
2. Join the movement
3. Spread the word
4. Support a friend
5. Reach out if you need help



For questions or comments, please contact:

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Who is your best friend and why?

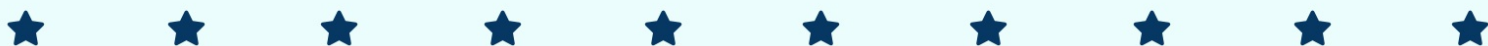
What is one thing that scares you and why?

What is the nicest thing someone has ever done for you?

What is the nicest thing you have done for someone else?

If you could change one law, what would it be?

Why is it important to say that you are sorry when you do something wrong?



## Easy Week Night Ravioli Dinner



OR



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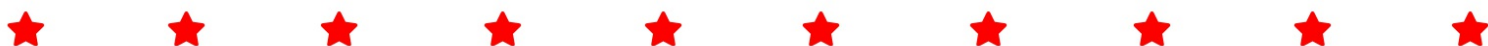
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YUM!



## TABLE GAME

### EMOTIONS



Everyone shuts their eyes and someone calls out an emotion (joy, sorrow, happiness). Everyone tries to portray this emotion through facial expression. When the caller says open, everyone must open their eyes to see each other's expression.

Find more games to play around the table at: <http://faithful-families.blogspot.com/p/family-table-games.html>

### September is National Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. Visit [www.recoverymonth.gov](http://www.recoverymonth.gov) to learn how you can "join the forces for recovery".

### Monday, September 26th is CASA Family Day!

Become a Family Day STAR!

I commit to:

S- Spend time with my kids

T- Talk to them about their friends, interests and the dangers of nicotine, alcohol, and other drugs

A- Answer their questions and listen to what they say

R- Recognize that I have the power to help keep my kids substance free!

Go to [casafamilyday.org](http://casafamilyday.org) to take the pledge!