



Greater San Marcos Youth Council

February 2024

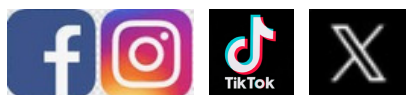
"Helping build strong families for a stronger community, since 1986."

- Youth Counseling -
- Youth & Family Advocacy -
- Parenting Education Program -
- (NFSN) National Family Support Network -

All services are free of charge for Hays County.
Youth ages 6-17
Bilingual services are also provided

24-hour toll-free crisis
hotline available
all year around
(800) 457-0797

Phone: 512-754-0500
Address: 1402 N IH35
San Marcos, TX 78666



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January

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February

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COFFEE & COMMERCE



Marketing Outreach Specialist Laura attended January's Coffee & Commerce hosted by the San Marcos Chamber of Commerce and First-Lockhart National Bank.



GSMYC looks forward to hosting this month's Coffee & Commerce!

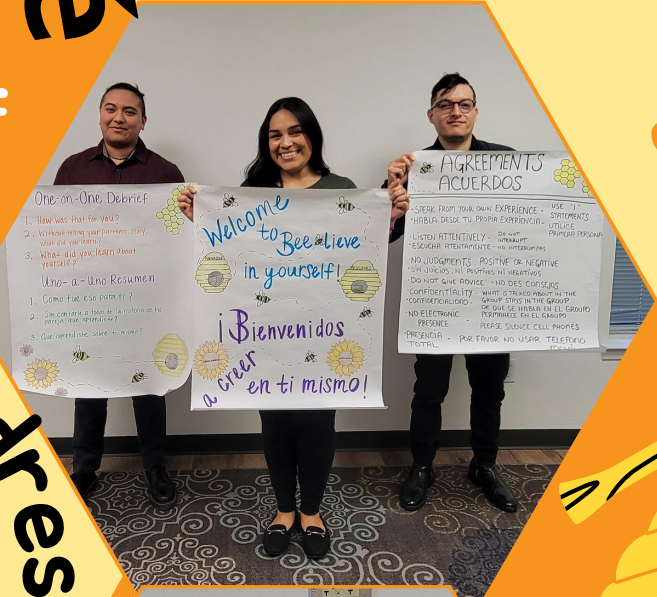
Parent Café

Bee-lieve
in yourself



Café para Padres

Creer en
ti mismo!



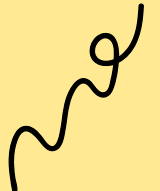
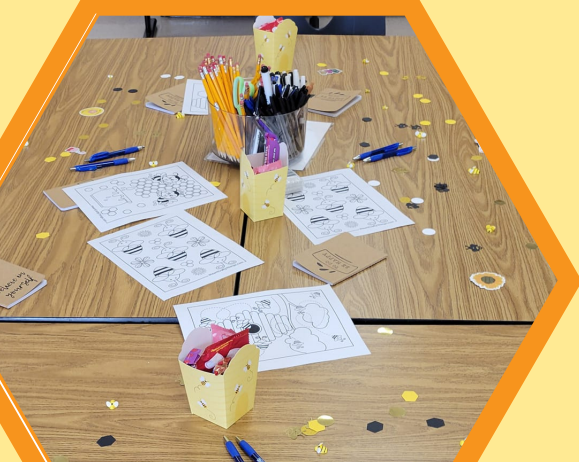
Thank you,
Travis
Elementary,
for sharing
your space
with us.

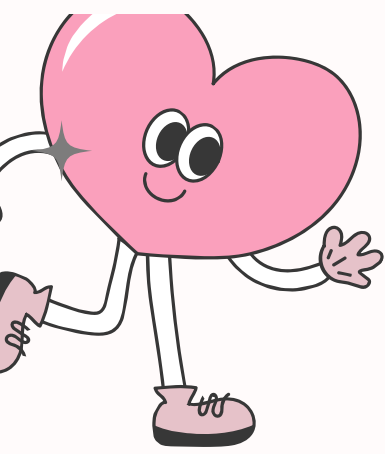


GSMYC hosted the first Parent Café (Bee-lieve in yourself)

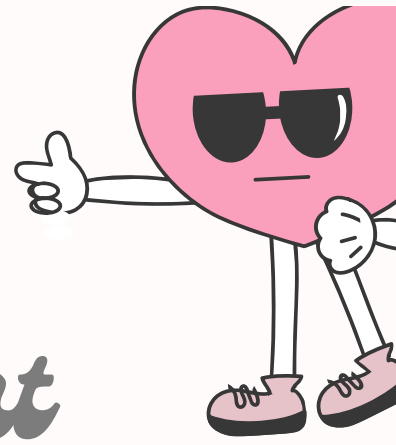
A safe space was provided to discover strengths and engage in conversations about the triumphs and challenges of family life.

Please join us for the next Parent Café (Heart 2 Heart) in February.





Parent Café: Hosted
by GSMYC



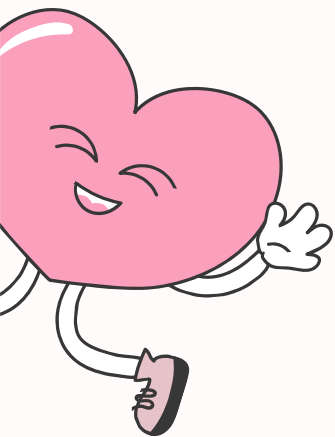
Heart 2 Heart

San Marcos Public Library
Meeting Room A (104)

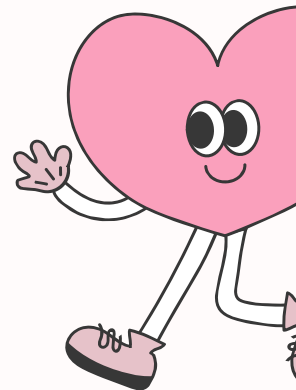
625 E Hopkins St, San Marcos, TX 78666

Saturday February 24, 2024 10:30am-12pm

Light refreshments will be provided.



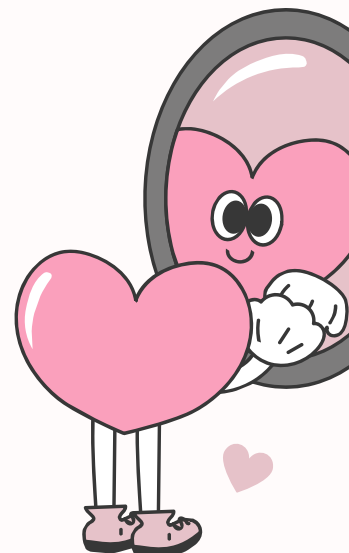
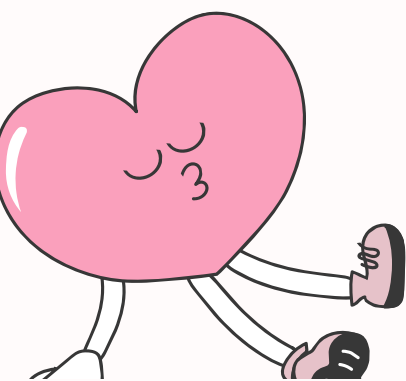
- Parent Cafes are FREE
- All parents, grandparents, caregivers, aunts, uncles, and persons actively involved in raising a child/ren are WELCOME!
- A safe space for peer-to-peer support, sharing ideas, and getting new ideas.
- Share your hopes and dreams for your family.
- Engage in positive conversation.

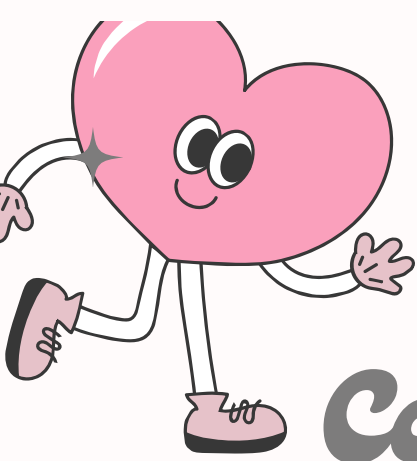


Join Us!

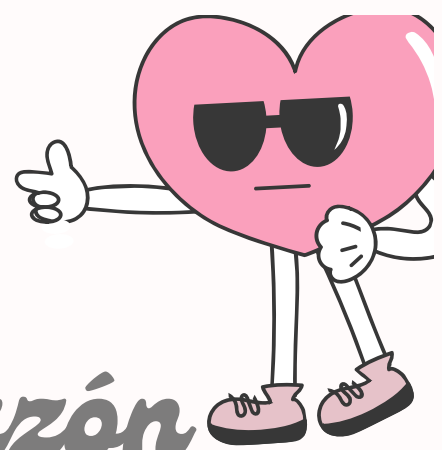


Please register
by QR
code or email
info@gsmyc.org





Café para Padres:
Organizado por
GSMYC



Corazón a Corazón

En la Biblioteca Pública de San Marcos
Sala de Reunion A (104)
625 E Hopkins St, San Marcos, TX 78666
Sábado 24 de Febrero de 2024 de 10:30 a.m.
asta las 12 p.m.

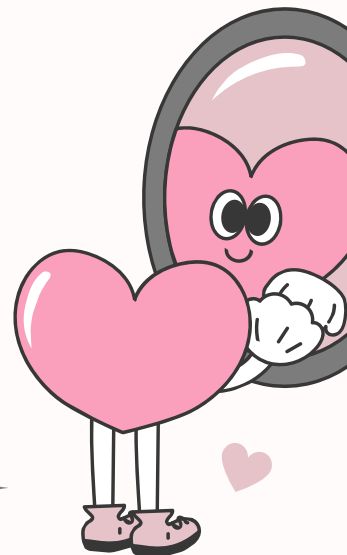
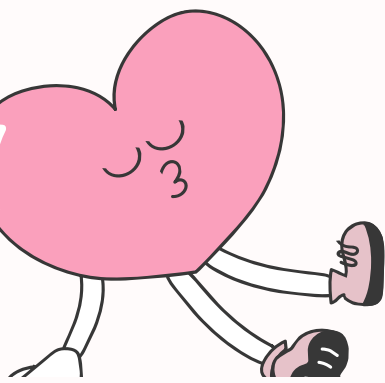
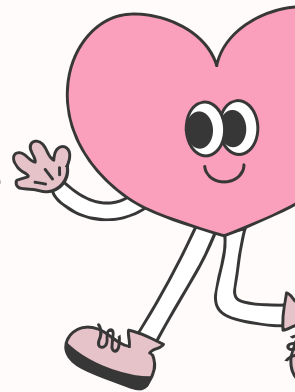
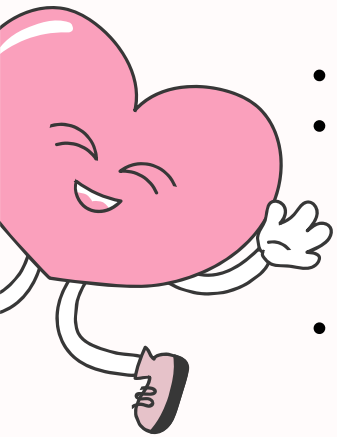
Se serviran refrescos ligeros.

- Café para padres es gratis
- Todos los padres, abuelos, cuidadores, tias, tios, una persona que participa activamente en la crianza de los ninos es bienvenida
- Un espacio seguro para el apoyo entre pares, compartir ideas y obtener nuevas ideas.
- Comparte tus esperanzas y sueños para tu familia.
- Participar en una conversacion positiva.

Unete a nosotros!



Por favor
regístrese con el
codigo QR o por
correo
electronico
info@gsmyc.org



(NFSN) National Family Support Network Program



ENTRY FREE

POPCORN, PICKLES, CANDY FREE



This January, our NFSN program provided families with a movie night take-home kit. Each kit included a Fandango gift card and everything they needed to have a fun-filled family movie night at home!

PARENTING

TIPS

It's so important to stop and listen to your own needs, too. Here are some ways to take care of yourself one small way each day:

Take care of your mind

- Write or draw your feelings
- Take deep breaths
- Take a break from the news or social media
- Explore your interests and hobbies
- Celebrate large and small successes

Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Exercise

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you
- Get involved
- Volunteer

For more information click the link [samhsa.gov/find-support/how-to-cope](https://www.samhsa.gov/find-support/how-to-cope)

Food for Thought

Canned foods are convenient, inexpensive, and packed with nutrients. This month, try these tips and tricks when you plan your next meal or trip to the grocery store.

When purchasing:

Avoid rusted, dented, cracked, leaking, scratched, or bulging cans.

Be mindful when reading food labels:

Choose fruits that are canned in water, 100% juice or in its own juices. Vegetables without added salts, labeled “no salt added” or “low sodium.” Sodium can also be reduced by draining and rinsing food items such as beans and vegetables.

Nutrient Packed:

Canned fruits, vegetables and legumes (beans/peas) are just as nutritious as fresh produce, because canning preserves the nutrients.

Money Saver:

Using canned fruits and vegetables can help save money since they have a longer shelf life, unlike fresh fruits and vegetables.

Scan the QR Code for a quick, canned food appetizer, perfect for Super Bowl Sunday!



National Canned Food Month

Local Resources

Centro Cultural Hispano de San Marcos

Centro's programs and educational curriculum include the areas of visual, performing, and culinary arts. These vibrant educational classes and interactive events for children, adults, families, and diverse audiences take place throughout the year.

211 Lee Street

San Marcos, TX 78666

512-878-0640

www.sanmarcoscentro.org

Hays Communities YMCA

Programs include year-round swimming lessons, summer day camp, family programs, fitness classes, personal training, yoga, and martial arts.

465 Buda Sportsplex Dr.

Buda, TX 78610

512-523-0099


www.austinyymca.org/locations/hays-community/

For additional types of local
resources call 2-1-1 or visit



www.211.org





FREE LOCAL EVENTS




**COMMUNITY
YOGA IN BUDA
THE CHAMBERS
THEATER IMAC
FEBRUARY 3
9:00 - 9:45 AM**




**MAKE VALENTINES
CARDS FOR TEACHERS
SAN MARCOS LIBRARY
FEBRUARY 3
10:30 AM - 12:00 PM**




**BEGINNER
COOKING CLASS
BUDA PUBLIC LIBRARY
FEBRUARY 7
6:00 - 7:00 PM**



**BLACK HISTORY &
VALENTINE'S CRAFTS
SAN MARCOS LIBRARY
FEBRUARY 9
2:00 - 3:00PM**

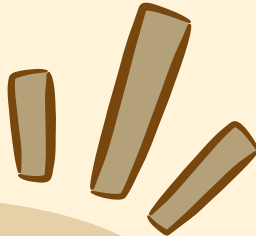


**COMMUNITY WORKOUT
WIMBERLEY OAK PARK
FEBRUARY 10
9:00 - 10:00 AM**

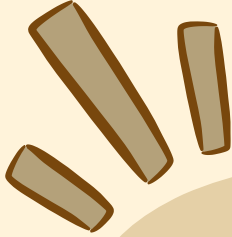






**TEEN ART DAY
BUDA PUBLIC LIBRARY
FEBRUARY 12
4:30 - 5:30 PM**



**PUPPET SHOW:
THE LION AND THE MOUSE
SAN MARCOS LIBRARY
FEBRUARY 22
11:00 - 11:30 AM
6:30 - 7:00 PM**



**CHILDREN'S BILINGUAL
STORY HOUR
SAN MARCOS LIBRARY
FEBRUARY 24
10:30 - 11:30 AM**



**WILD WEDNESDAYS-
ANIMAL TRACKS
EVERY WEDNESDAY
SAN MARCOS
DISCOVERY CENTER
8:00AM - 12:00 PM
1:00PM - 5:00 PM**



**BUDA BLACK HISTORY
MONTH FESTIVAL
FEBRUARY 24
12:00 - 4:00 PM
204 SAN ANTONIO RD
BUDA, TX**



How can you help?

Our community members can help by being kind to each other. They can help by spreading the word about our agency and by donating monthly; even a small amount can make a big difference when leveraged with other dollars by an agency spending 90% on those it serves.

Those raising children can help by taking good care of themselves so they can continue to care for others.

-Ex. Dir. Julia R. New



GSMYC will always use your generous support to fulfill our mission of sheltering children and strengthening families. You can rest assured that the decision to share with those served in our shelter and those children and families experiencing crisis results in a minimum of .85 cents of every dollar spent to impact their lives positively.



PayPal and Venmo are other options to donate by searching "GSMYC".

