



Greater San Marcos Youth Council

Vol. 2 Issue 8 April 2023

GSMYC is a local human services agency with programs designed to accomplish our mission of sheltering children and strengthening families. We strive to strengthen families through our youth and family services available to Hays County residents. Our objective is to reduce child maltreatment, truancy, juvenile delinquency, as well as, increase families' protective factors and resiliency to crisis. These services include: child and family counseling, parenting classes, youth and family advocacy, groups in schools, and truancy intervention, basic needs assistance, as well as a 24-hour toll-free crisis hotline

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



24hr.
Crisis Hotline
800-457-0797



CONTENTS

02 Outreach Events

03 Faces of GSMYC

04 NFSN

05 Kid's Corner

06 Food For Thought

07 Local Resources

08 Local Events

09 Special Days In April

10 Child Abuse Prevention Month

11 How Can You Help

The Wonder's of Beeswax



Our children were invited to Tanger Outlets to learn about The Wonders of Beeswax and its importance to our environment. The children enjoyed the hands-on activity of making their own candles from beeswax, and they were excited to be able to bring home their own jar of honey! Thank you, Tanger Outlets-San Marcos, and Alvéole, for this memorable experience.



Coffee and Commerce AT THE GROOVE



Coffee and Commerce allows us to meet and network in a casual, relaxed atmosphere. Thank you, San Marcos Area Chamber of Commerce and The Groove, for having us!

Marissa - Residential Program Director
Anissa - GSMYC Intern
Kristen with Wonderworld & The Groove
Laura - Marketing Specialist



FACES OF GSMYC



Duration: 4 years

Position/Title: Program Assistant

Strengths: loyal, nurturing, caring, empathetic, organized

What you enjoy about GSMYC: The thing I love the most about GSMYC is that we all genuinely care for one another and for those we serve. It's amazing to know that, in some way, we are making a lasting impact in children's lives.

Best advice you've received: We don't have to agree on anything to be kind to one another.



Kara

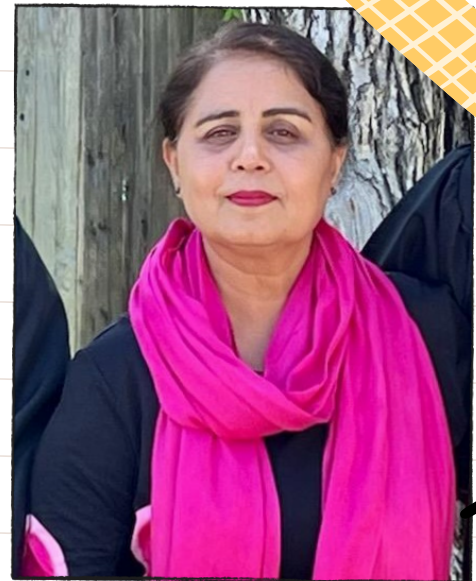
Duration: 6 years

Position/Title: Youth and Family Support Specialist

Strengths: My compassion to help others and my strong work ethic. I do my best to help and advocate for those in need.

What you enjoy about GSMYC: I really enjoy working at GSMYC because of the kind of people I work with and because I can help my community.

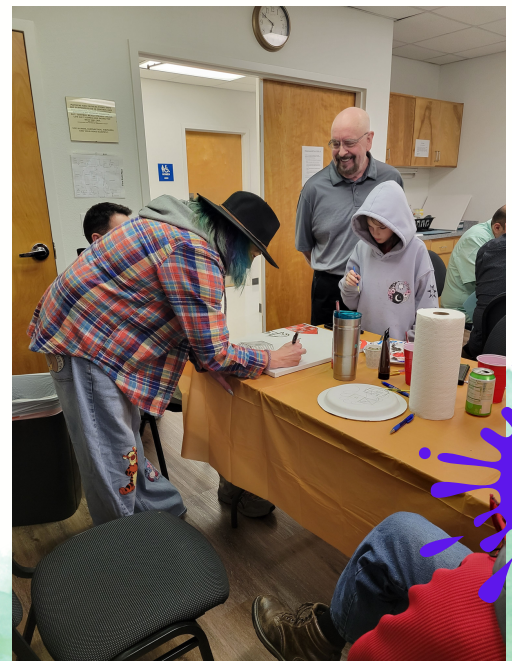
Best advice you've received: As long as you work hard and be kind good things always happen.



Shabnam

(NFSN) National Family Support Network Program

The mission of the National Family Support Network is to promote positive outcomes for all children, families, and communities. GSMYC hosts NFSN once a month. Dinner is provided while conversing with all families, followed by one family-building activity.



Kid's Corner!

Celebrate with an Activity

Choose an activity your son or daughter loves when celebrating milestones, like visiting the playground or park, splash pads, hiking trails, or visiting the local lake to feed the ducks. Children look forward to those outings because they are done together as a family. This also gets the family away from the TV or sitting on the couch for too long. Being active helps the family consciously try to lead a healthy lifestyle.



BIRD

LAMB

BUD

NET

EGG

RAIN

FLOWER

SPRING



FOOD FOR THOUGHT

Mini Veggie Pizza

Ingredients

- 4 English muffins, split and toasted
- 1 cup tomato sauce
- chopped vegetables of your choice (bell peppers, onions, mushrooms, olives, spinach, tomatoes)
- 1/2 teaspoon garlic powder (optional)
- 1 teaspoon oregano (optional)
- 1/2 cup shredded low fat mozzarella cheese



Directions:

1. Preheat oven to 400°F.
2. Place English muffin halves on a baking sheet (you will have 8 halves).
3. Top each muffin half with 2 tablespoons tomato sauce.
4. Divide chopped vegetables evenly on top of the sauce.
5. Sprinkle each pizza with garlic and oregano.
6. Top each pizza with 1 tablespoon of cheese.
7. Bake for 10-15 minutes or until cheese is melted and slightly brown.
8. Refrigerate leftovers.

Fruits have many essential nutrients that many people don't get enough of, such as potassium, fiber, vitamin C, and folate.

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate, vitamin A, and vitamin C.

Spring Seasonal Produce:

Apples
Apricots
Asparagus
Avocados
Bananas
Broccoli
Cabbage
Carrots
Celery

Collard Greens

Garlic
Herbs
Kale
Kiwi fruit
Lemons
Lettuce
Limes
Mushrooms

Onions

Peas
Pineapples
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

LOCAL RESOURCES

Branches in San Marcos

A service of Austin Oaks Hospital, Partial Hospitalization Program (PHP), and Intensive Outpatient Programs (IOP) is designed to help treat depression, anxiety, mood disorders, and other mental and behavioral health issues in teens and adults. The outpatient format allows patients to practice their social skills and coping techniques in real-life situations at home or work. It also lets patients attend to their school, work, or family obligations.

For more information, visit austinoakshospital.com

512.440.4800

Bright by Text

Free tips by text for parents and caregivers of children prenatal to 8 years of age.

Text: 274448 to sign up now!

For more information, visit brightbytext.org

For additional types of local resources call
2-1-1 or visit www.211texas.org

LOCAL EVENTS

APRIL
1 **EASTER EGGSTRAVANGAZA**
10:00 AM – 1:30 PM
@ GREGG CLARKE PARK KYLE TX

APRIL
1 **BUDA'S BIRTHDAY**
3:00 PM – 10:00 PM
@ BUDA AMPHITHEATER AND
CITY PARK

APRIL
6 **FARMER FRED'S GARDEN SPRING CARNIVAL**
6:00 PM – 9:00 PM
@ CITY PARK SAN MARCOS TX

APRIL
7 **SPRING FAIR**
11:00 AM – 2:00 PM
@ SOUTHSIDE COMMUNITY CENTER

APRIL
7 **3RD ANNUAL EASTER EGG HUNT**
11:00 AM
@ HAYS COUNTY HISTORIC
COURTHOUSE

APRIL
29 **DIA DEL NINO**
10:00 AM – 1:00 PM
@ HAYS COUNTY HISTORIC
COURTHOUSE



NATIONAL CHILD ABUSE PREVENTION MONTH



April is Child Abuse Prevention Month (CAPM), and we want your help to empower communities with resources to support Texas children, youth, and families where they live, work, and play!

Good Communication = Positive Parenting

As your kids grow and become independent, it might feel like you're replacing fun and togetherness with endless lectures about rules and responsibility. Teens complain that their parents don't listen to them, and parents say the same about their teens. Our lives are so busy that we too often try to fit talks in during car rides or between commercial breaks. Setting aside time for meaningful conversations is hard, especially when things seem okay and you don't want to rock the boat. But setting a dedicated time and space to talk to your teen about their life shows that you're serious about communicating. Step away from other tasks so you can give your full attention to your teen, which should help him/her be more engaged. Set aside phones, turn off the TV and computer, and focus on listening to each other.

Go Blue Day

Wear Blue on Friday, April 14th, for #GoBlueDay to show your support of Child Abuse Prevention.

For more information visit www.dfps.texas.gov



Texas Department of
Family and Protective Services
Prevention and Community Well-Being

Having conversations
with your child
regularly helps
keep them safe.

GetParentingTips.com

Tips for Thriving Families
#ChildAbusePreventionMonth



Texas Department of
Family and Protective Services
Prevention and Community Well-Being

When kids act out
it can be tough,
but the key is to
**remain calm
and consistent.**

GetParentingTips.com

Tips for Thriving Families
#ChildAbusePreventionMonth

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. Your very generous donation made a significant difference in the lives of children who have been abused and neglected. 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 .90 cents of every dollar spent to impact their lives positively.

We are grateful for your support of the work we do.



Scan. Pay. Go.



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

Easily transform everyday shopping.

Use **Giving Assistant** to save money and support **Greater San Marcos Youth Council**

Start Saving & Giving Free

Donate 3-30% of every purchase while you shop online at places like

Best Buy.