



Greater San Marcos Youth Council

March 2024

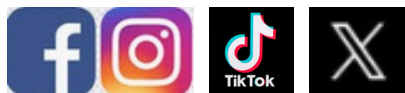
"Helping build strong families for a stronger community, since 1986."

- 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



Newsletter Highlights

02 Outreach Events

03 Parent Café-
February

04-05 Parent Café-
March

06 NFSN

07 Parenting Tips

08 Food for Thought

09 Local Resources

10-11 Free Local Events

12 How Can You Help





Coffee & Commerce

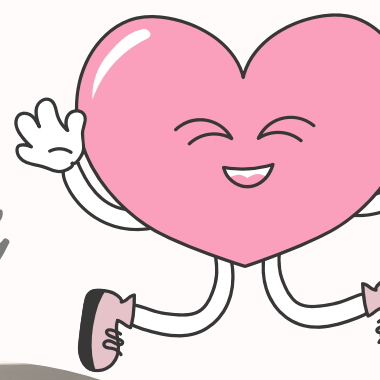
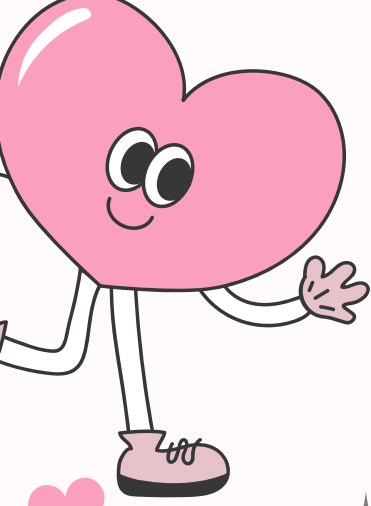


GSMYC had the pleasure of hosting Coffee and Commerce! The networking event was a huge success, and we had a great time speaking with other local businesses and organizations.

Thank you to the San Marcos Chamber of Commerce for this amazing opportunity!

Parent Cafe

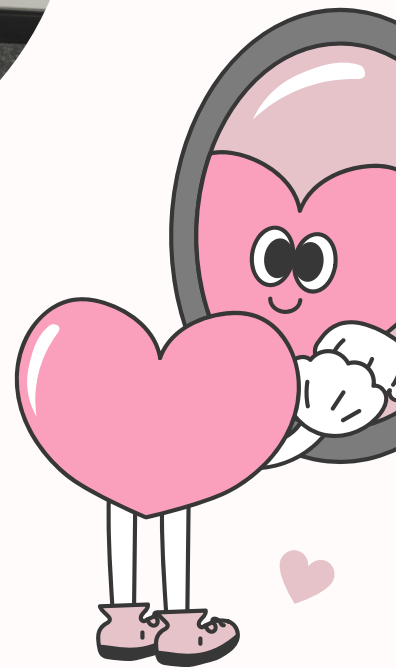
Heart 2 Heart



GSMYC hosted February's Parent Café (Heart 2 Heart) at the San Marcos Public Library. Themes surrounding relationships and communication were explored and discussed.



Join us in March for the next Parent Café!



Café para Padres:
Organizado por GSMYC



La Felicidad Florece Dentro

PODER Center

1201 Thorpe Ln, San Marcos, TX 78666

Sabado, Marzo 23, 2024 10am-12pm

Se servirán refrescos ligeros.

- Café para padres es gratis
- Todos los padres, abuelos, cuidadores, tias, tios, una persona que participa activamente en la crianza de los niños 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 registrese con el código QR, por correo electrónico info@gsmyc.org o haga clic en el enlace de abajo

<https://forms.gle/e7zpyTtMC7eVtnwp9>



Parent Café:
Hosted by GSMYC



Happiness Blooms Within

PODER Center

1201 Thorpe Ln, San Marcos, TX 78666

Saturday March 23, 2024 10am-12pm

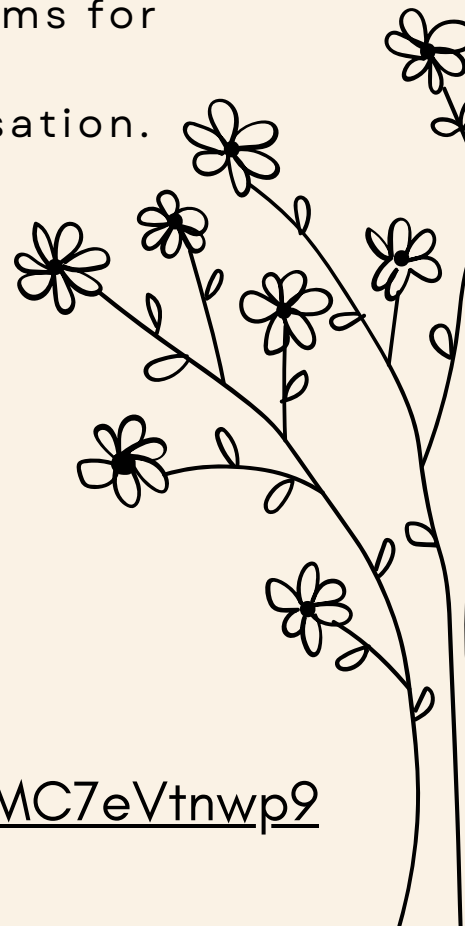
Light refreshments will be provided.

- Parent Cafés 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!

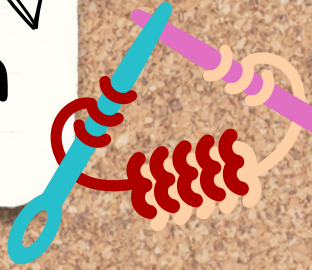
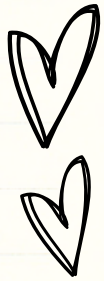
Please register
by QR
code, email
info@gsmyc.org
or click the link
below

<https://forms.gle/e7zpyTtMC7eVtnwp9>





(NFSN) National Family Support Network Program



Our NFSN monthly program was hosted at the San Marcos Public Library this February. Families got creative, making string art crafts.



Thank you, San Marcos Public Library, for sharing your space with us.



PARENTING TIPS



Key Habits for a Healthy Family Lifestyle

As parents, we lead by example.
Leading an active lifestyle is one of the best
ways to stay healthy and help prevent future
health problems.

Healthy Family Habit 1:

Exercise

Healthy Family Habit 2:

Eating healthy for a
longer life

Healthy Family Habit 3:

Teaching responsibility
with money

Healthy Family Habit 4:

Our hygiene routine

Healthy Family Habit 5:

Sharing duties in the
kitchen

It's in the small
moments that healthy
family lifestyles are
created.



For more information click the
[link GetParentingTips.com](https://www.getparentingtips.com).



Food for Thought

With the days getting longer and the weather warmer.

Spring gives us the opportunity to get outdoors!

According to the CDC (Centers for Disease Control and Prevention), adults need 150 minutes of physical activity each week, and children/ adolescents need at least 60 minutes of physical activity a day.

Spring Into Action with these Outdoor Physical Activities:

- Brisk walking
- Bicycle riding (mostly on flat surfaces without many hills)
- Active recreation, such as hiking, riding a scooter without a motor, swimming
- Playing games that require catching and throwing, such as baseball and softball
- House and yard work, such as sweeping or pushing a lawn mower
- Jump rope
- Martial Arts
- Dancing
- Yoga

Physical activity is anything that gets your body moving.



Local Resources

LifeStance

LifeStance is a national team of psychiatrists, psychologists, nurse practitioners, and licensed therapists who provide mental health treatment services for patients of all ages via telehealth and in-person appointments.

151 Stagecoach Trl, STE 220

San marcos, TX 78666

844-824-8775

www.lifestance.com

School Fuel San Marcos

School Fuel's mission is to provide the "fuel" for a better learning environment by removing the pangs of hunger among the students in our classrooms. School Fuel currently serves 1,100 students at high risk of having little or no food at home. Each Friday of the school year, the students receive a sack containing supplemental foods they can easily open and serve themselves.

512-571-3568

Email: SchoolFuel2013@yahoo.com

www.schoolfuelsanmarcos.org/



**For additional resources, call 2-1-1
or visit www.211.org**



FREE LOCAL EVENTS



**OUTDOOR FAMILY
CRAFT TIME
MARCH 2
12:00 PM - 2:00 PM
THE PATIO IMAC
121 MAIN ST.
BUDA, TX**


**39TH ANNUAL GREAT TEXAS
RIVER CLEAN-UP
MARCH 2
8:30 AM - 11:30 AM
WATERLEAF PARK
628 ABUNDANCE LN.
KYLE, TX**



**SPRING MOVIE AT THE PARK
MARCH 8
7:00 PM
SAN MARCOS PLAZA PARK
201 N CM ALLEN PARKWAY
SAN MARCOS, TX**

**ASK A MASTER GARDENER
MARCH 14
10:00 AM - 12:00 PM
SAN MARCOS PUBLIC LIBRARY**






TEEN VIDEO GAME HANG OUT
MARCH 15
12:00 PM - 2:00 PM
SAN MARCOS PUBLIC LIBRARY



FAMILY FUN DAYS
THE WONDERS OF WEATHER
MARCH 16
11:00 AM - 4:00 PM
THE MEADOWS CENTER
201 SAN MARCOS SPRINGS DRIVE
SAN MARCOS, TX



FARMER FRED'S GARDEN
SPRING CARNAVAL
MARCH 28
6:00 PM - 9:00 PM
CITY PARK
SAN MARCOS, TX



EASTER EGG-STRAVAGANZA HUNT
MARCH 30
10:00 AM - 1:30 PM
GREGG CLARKE PARK
1231 W CENTER ST
KYLE, 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".

