

455 E. Scripps Rd.
Room 404
Lake Orion, MI 48360
248-520-3786

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Mission

North Oakland Community Coalition promotes a healthy environment, free of alcohol and substance misuse, through education, collaboration and endless faith in community spirit.

Dear 5th Grade Families,

This week our Life Skills class studied **self-esteem**. Students learned that realistic goal-setting can help them boost their goals. Students had the opportunity to identify and discuss the goals they hold for themselves.

One of the factors that can protect a child against tobacco, nicotine and alcohol use is high self-esteem. You can help your child improve his/her self-esteem by encouraging realistic goal-setting at home. Encourage your child to set realistic short and long-term academic goals and then acknowledge and compliment him/her when those goals are met. Growing from childhood to puberty can be frustrating for your child. Helping your child set realistic goals can help counter those feelings of frustration.

In order to practice at home, it might be fun to work together on setting short and long-term goals for the whole family. For instance, planning a vacation, a long weekend, or even a day trip together. The whole family can talk about ways to save money each week towards that event. It is a great way to have fun as a family when everyone is working toward the same goal!

Sincerely,

Dania Blain

Youth Coordinator

North Oakland Community Coalition

Federal, State, and/or County funding has been provided through the Oakland County Community Mental Health Authority—Substance Use Disorder Services to support the project costs.