



Positive Interventions Targeting Communication and Healing

PITCH 4 KIDZ

Autumn Issue

September 2014

FALL FUN

Fall is a busy time! We are back to school, getting ready for holidays and learning new things. Some of this can be stressful, so be sure to take care of yourself.



Monthly Clubhouse!

P4K offers a monthly clubhouse with activities that support weekend workshop concepts and new learning! This is an important part of the PITCH 4 KIDZ program!

Pre-requisites to Clubhouse participation are:

- Children ages 6-12 y/o **ONLY...**
who have participated in the weekend program.
- Minimum of 30 days or participation in a treatment program for parent/caregiver participation.
- Participants remain free of mood-altering chemicals during Clubhouse.
- RSVP required for each club attendance.

PITCH CLUBHOUSE

Join Us!

September 18, 2014

October 16, 2014

November 20, 2014

December 11, 2014

6:00 pm-7:30 pm

Please RSVP

stacey@pitch4kidz.org

Self Care Bag: Do you know where yours is?

On Day 3 of the PITCH 4 KIDZ program, you created a self-care bag, there was one for each family member...does this spark a memory? Do you know where it went? Did Mom or Dad or Grandma hide it away? Did you stuff it in your sock drawer with all the lonely socks that have lost their matches? Where could it be? Perhaps it is still in your orange PITCH backpack, hanging in your closet. Why not take a scavenger hunt around the house and dig it up? There is a lot of useful information in that colorful bag. Important reminders of ways you can take care of your mind, body, spirit, feelings and the little kid inside. Pull out one of those cards, and then let-er-rip. Dive into the activity, it's bound to make you feel great!



Nothing beats a cool
and healthy
refreshment on a warm day

Strawberry Lemonade Smoothie

Ingredients:

- 1/2 cup(s) fresh strawberries
- 2-3 ice cubes
- 1/2 cup(s) unsweetened almond or rice milk
- 1 tablespoon(s) raw cashews
- 1 tablespoon(s) fresh lemon juice
- 1/2 teaspoon(s) finely grated lemon zest

Preparation:

Place all ingredients in a high-speed blender.

Blend on high until creamy and smoothie.



The Seven C's

I didn't Cause It

I can't Control It

I can't Cure it

But

I can take Care of Myself

By Communicating my feelings

Making healthy Choices

And Celebrating Me!

COME PLAY WITH US!
VISIT THE PITCH 4 KIDZ BOOTH
AT THE ART OF RECOVERY EXPO

SEPTEMBER 20, 2014

10am-4pm

Phoenix Convention Center
FREE COMMUNITY EVENT
BRING YOUR FRIENDS!



ASK THE STAFF...

Dear Shellie & Stacey,

My mom relapsed and I feel angry,
what can I do?

Relapse can be scary and make us feel all different feelings. It's ok to be angry at addiction for coming back to your mom, and you can still love your mom. But remember that people can only get help if they ask for it and go back to T&R. It is important for you to take care of yourself and talk to a safe person about your feelings. You can even pretend that a pillow is addiction and punch it and yell at it to get your angry feelings out. Remember the Seven C's... because your mom's relapse is not your fault.

Parentz Corner

Join Our Facebook Page for
Information, Resources and
Upcoming Events!

FALL READING:

My Dad Loves Me,
My Dad Has A Disease
By Dr. Claudia Black

A workbook designed to help young children learn about themselves, their feelings and the disease of alcoholism in their families through art therapy. Children between the ages of 6 and 14 share what it's like for them to live in an alcoholic family.

PITCH 4 KIDZ Celebrity Fund Raising Dinner!

When: Sunday, November 16, 2014

Time: 5:30pm

Where: Grayhawk Golf Club

Visit pitch4kidz.golfreg.com for details, or call
480-607-4472

We are accepting auction and raffle donations.
We appreciate any items collected by our
PITCH families.

KIDZ ZONE:

This part of the newsletter belongs to you. We want to add your drawings, poems, stories, and ideas to this section. You can send us your work, or ask an adult to email us at stacey@pitch4kidz.org. When we publish your work, we will add a stamp to your clubhouse punch card! You can also send in questions you would like the staff to answer.

(Parents Note: Child's name will not be published)

ARTIST'S CORNER: REMEMBER THE MAGIC OF RAINBOWS



WORD SCRAMBLE

Unscramble the summer words

SNREEUNSC _____

CAHEB _____

CAVNITOA _____

MMSINWG _____

SMOOONN _____

VISMOE _____

DEAR _____

DSAN _____

PSICLEPO _____

(Answers in Next Newsletter)