MINDEFUL GARDENING: HOW TO TURN GARDENING INTO MEDITATION

Gardening can offer a ton of positive benefits; it gets you out in the fresh air, is good for your mental health and it is a fun activity to do with the kiddos, just to name a few. Check out the article below for information on “mindful gardening” and how to turn gardening into a form of positive self-care!


“Life is like a camera, just focus on what is important, capture the good times, develop from the negatives, and If things don’t work out, take another shot!”

Oklahoma Family Network Virtual Support Groups

Oklahoma Family Network is currently holding virtual support groups for families. They invite ALL families of kids with all types of needs. For more information, please visit the OFN website. http://oklahomafamilynetwork.org/

For the latest info on resources: https://www.ok.gov/odmhsas.org find the box labeled COVID-19 info
In the midst of the Covid-19 pandemic, we are continuing to rely on each other to help our families feel supported. With that said; as we continue pulling together, we invite everyone interested to participate in the scheduled weekly support calls below to ensure that we continue to educate ourselves for the overall benefit of the families we serve.

**Behavioral Health Aide:** (every) Monday at 11am
Zoom meeting ID: **806-328-977**

**Family Support Providers:** (every) Tuesday at 10am
Zoom meeting ID: **392-979-560**

**Care Coordinator:** (every) Tuesday at 1pm
Zoom meeting ID: **194-885-980**

**Projector Director:** (every other) Wednesday at 9am

**Youth and Young Adult Support Calls for Providers:** (every) Thursday at 2pm
Zoom meeting ID: **289-583-378**

This call is meant to be a conversation for youth/young adult providers to share challenges and successes during this time of social distancing. Providers can hear from other providers on skills and stories that have helped them cope and be successful during this time. Resources will also be shared. The call will be facilitated by Christine Cao and Clifford Sipes both work at the Oklahoma Department of Mental Health and Substance Abuse Services as Youth Coordinator and Youth Specialist. If availability permits there may be youth/young adults who will join on the call to share their experiences and input.

**Youth & Young Adult Support Calls:** (every) Friday at 1pm
Zoom meeting ID: **237-508-199**

This is a weekly support call. It is meant to be a conversation for youth to share challenges and successes during social distancing. Youth can hear from other youth on how they have been coping during this pandemic and other stressful times. Resources will also be shared. The call is not meant to replace therapy though it can be therapeutic. Youth are invited to attend, invited to share, and invited to just sit and listen. The call will be facilitated by Christine Cao, Clifford Sipes, and youth from the Youth State Advisory.

**Caregiver Support Calls:** (every) Friday at 10:00am & Saturday at 9:00am
Zoom Meeting ID: **913-2866-5197**

Password: hope

Call in only: +1 346 248 7799

This is for caregivers across Oklahoma, this call is to provide peer to peer support during this time of changes and social distancing.