

LINDON CARES NEWSLETTER



January 2025

Welcome and thank you for being here! We hope to be a source of strength, resources and education. As you continue to learn about us and what we do, please don't hesitate to reach out!



communities that care coalition

OUR MISSION

Lindon Cares provides **resources**, **education**, and **support** to reduce the risk of abuse, substance misuse, and suicide while promoting supportive relationships and positive mental health in our community.

OUR VISION

Lindon Cares is a prevention coalition that envisions a robust, thriving, resilient community that invests in the future of our youth.

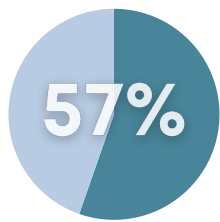
WHY PREVENTION?

Our goal is to provide you with essential tips, resources, education and support to help you take proactive steps toward improving connection and relationships in your family and in our community. Whether a concern is mental health, suicide prevention, or substance misuse prevention we are here to support you.

RESOURCE SPOTLIGHT

Parenting is hard. 50% of parents worry their child is struggling, but don't know what to do. **Parent Guidance** is a FREE resource with a library of courses, developed by leading mental health experts, that offer hope, answers, and compassionate help. There are on-demand courses to watch, or ask a therapist interactive options.





57% of our youth eat at least one meal with their family 5 or more times a week



52,679

students participated in 2023

2023 SHARP Survey: Utah County

DATA DRIVEN
The most important information we get from the SHARP survey isn't knowing how many adolescents face challenges, or engage in risky or harmful behaviors. The most important information we get helps us connect the dots about what actually works to help kids navigate this time in their lives and keeps them from making harmful choices (often called protective factors).

WHAT'S COMING

-Community Connection Event Monday, February 3rd

Timpanogos High School Dinner 6pm Presentation 7pm
'Flourishing or Floundering' w/ Dr. Larry Nelson

-Table Talks February 26th & March 19th

Timpanogos High School @ 12:15pm

-Guiding Good Choices Family Class Mondays Jan 27-Feb 24

Lindon Community Center 5:45-8pm

-Family Values Workshop Friday February 21 or Monday March 17

6-8pm Lindon Community Center

*More information at www.lindonrecreation.org/lindoncares

*All programs and presentations are free to the community-please register

THE SINGLE MOST IMPORTANT PARENTING STRATEGY

Dr. Becky Kennedy (clinical psychologist) shares the single most important parenting (or relationship) strategy is.....watch this 14 minute Youtube talk to find out!



CLASSES OFFERED

- Free Parenting Workshops
- Family Connection Events
- Resiliency Skills Classes
- Suicide Prevention Training
- Mental Health Nights
- Community Activities

JOIN THE TEAM

Willing hands matter more than skills. However, some of the roles we are specifically looking for are people who like working with data, working with youth, managing social media or leading teams.

QUESTIONS? CONTACT

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www.lindonrecreation.org/lindoncares