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*Your School Social Worker is here to help! I create a monthly newsletter to share resources. If there is a particular resource you would like assistance with, please feel free to reach out.*

## Nov is: National Native American Month!

National Native American Heritage Month during November celebrates the diverse and rich culture, history, and traditions of Native people.

The observance is also a time to educate anyone and everyone about the different tribes, raise awareness about the struggles native people faced as well as in the present. American Indian pictures, words, names, and stories are a crucial part of American history and help mold our life today.

Thousands of years before Christopher Columbus and his crews landed their ships in the Bahamas, the Native Americans had cultivated lives and communities there. Native American history overflows with a variety of diverse groups and prominent leaders and figures like Crazy Horse, Sitting Bull, Sacagawea, and Pocahontas. Native Americans were always known for hard work and quick instinct. Today, there are about 4.5 million Native Americans in the United States, making about 1.5 percent of our population. Take some time to learn about and celebrate their culture this month.



Use #NativeAmericanHeritageMonth to post on social media. Keep Native American Heritage alive this November, and for all the months to follow! Here are a few ways you can celebrate this month.

For more information and resources, [CLICK HERE](#)

## November-National Adoption Month

National Adoption Month in November raises awareness and increases outreach concerning the need for permanent families across the United States. Every year, there is a growing need for children of all ages to find secure and safe families. All month long, National Adoption Month events provide tools and resources to help individuals and families understand the process and learn more about adoption.

While the month sets out to raise awareness, it also recognizes those dedicated to impacting adoptive children and families in positive ways. From each family to organizations that make adoption possible, the month-long celebration acknowledges the commitment and rewards combined with an adoptive family.



How to Observe #NationalAdoptionMonth? Visit local adoption agencies or events. Learn more about adoption opportunities in your state. Share your adoption stories. Support adopted couples in their journey to start a family. It is often both a joyous and stressful time with many ups and downs. For more information, [CLICK HERE](#)

# Mental Health and Resources

## Program of the Month

### MY VOICE THEATRE

My Voice Theatre (MVT) program, founded in 1996, is an issue-based youth theatre company that offers youth aged 12-24, from low- to moderate-income households, a safe environment to have their voices and lived experiences valued through global exploration, journal writing, and introspection,

MVT is a Prevention and Trauma-Informed framework which reduces the impact of traumatic life experiences and helps to foster stable and healthy families. Our philosophy centers company participants' voices and stories foremost as they learn to unpack the story of their lives, expressing their thoughts and ideas in

## Community Resources

- Looking for therapy? Try: [Brooklyn Center for Psychotherapy](#)
- Experiencing or are a survivor of domestic violence? Try: [North Brooklyn Coalition Against Family Violence](#) or [Safe Horizon](#)
- Need support with housing, or currently experiencing housing instability? Try: [Coalition for the Homeless](#) or [Homebase](#)



Ronal Edmonds Learning Center, MS 113

Dr. Daughtry, Principal

## Mindful Week

Mindful exercises students can do each day of the week to; these exercises support self-regulation and self-awareness. **These skills teach students not only how to recognize their thoughts, emotions, and actions, but also how to react in positive ways.**

**Monday: Mindfulness Video** this drawing activity will support students with mindfulness and tranquility.

**Tuesday: King of The Shadow** this game helps with calm and careful judgement, and supports students observing carefully.

**Wednesday: Let's Draw** drawing is one of the best mindfulness games for teens.

**Thursday: Messy Room** Cleaning is always satisfying! This game is a great choice for those looking for a relaxing activity.

**Friday: Find 10** Do you believe math can support in mindfulness? Not sure, find out with this game!



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