



Spotlight on YPC

Community Events

Planetary Science at the Museum New Brunswick NJ, 4-8	11/6
Mid Century NJ Garden State in the 1950's	11/2-30
Perth Amboy Historic Sites Bus Tour, Warren Park	11/16; 1PM

Upcoming Topics:

*Biography and Lifespan
Lifestyle and Basic Needs
Emotion Regulation*

PLEASE NOTE:
YPC will be closed
on Wednesday
November 27 and
Thursday
November 28 in
observance of the
Thanksgiving
holiday.



Month in Review

October has been a busy month here at YPC! Our weekly topics focused on self-esteem, coping skills, anxiety and stress, healthy relationships, and family dynamics.

Self-esteem is the thoughts, feelings, and opinions we have about ourselves. YPC clients explored their own self-esteem and helped boost each others. Clients identified positive traits about themselves in the various activities that were done during the week.

Coping skills are methods a person uses to reduce the intensity of mental health symptoms. Clients were taught different coping skills this week and identified which skills work best for them .

Anxiety and stress is an extreme nervousness and worry that is a normal reaction to stressful situations. YPC clients learned what makes them anxious and “stressed out.” They learned different ways in which they can help relieve the stress that they are feeling. Clients also learned about the physiological impact that stress has on the body.

Healthy relationships are bonds you create with another person, based on specific attributes such as respect, honesty, and communication, that positively contribute to your well-being. This week YPC clients received psychoeducation on what healthy relationships look like and what they consist of. Various activities were



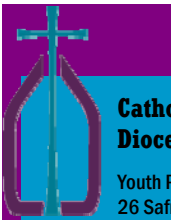
done to help clients learn to identify which relationships are healthy and which ones are not and why.

Family dynamics are the patterns of interaction between family members. Clients examined their own families and learned what role they hold within their family. Clients also learned that every family is unique and different families have different roles.

Spotlight on: Coping Skills

YPC clients wrote down different coping mechanisms that work for them on leaves. Each client was given four different leaves and had to identify the emotion they feel, what circumstances trigger that emotion, and which coping skill they can utilize to help decrease the intensity of that emotion. The leaves were then used to create our fall bulletin board!





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Family Activity: Fall activities

Fall is here! It is the perfect time of year to spend quality time together. Here are some suggestions of things to do:

- Make a leaf pile and jump in it
- Go on a hike
- Go apple or pumpkin picking
- Drink hot chocolate
- Have a family dinner together
- Have a picnic during the day
- Collect leaves from outside and make a craft with them
- Make a Thanksgiving themed craft
- Have Thanksgiving dinner together



Spotlight on Family Dynamics: Family Roles

Every family member has a different role and this influences their interactions with other family members. It is important to understand how these roles work in your family and how they help or hurt family members. Understanding family roles will help establish better relationships between members of each family.

7 Different roles in families

Scapegoat: The Scapegoat is the member of the family who is usually the one who is blamed for the problems that arise in the family. They are the ones who are always accused even if they did nothing wrong.

Hero: The Hero makes the family look good by using their accomplishments and talents. The Hero is the "good child" of the family and they tend to

overcompensate, in order to not seem inadequate.

The Lost Child: The Lost Child typically stays hidden in order to avoid causing a problem. The lost child is obedient and passive. They typically don't make decisions because they are fearful of conflict.

The Clown: The Clown uses humor in order to dispel any conflict that may be occurring. The Clown tends to hide their own feelings and solely focuses on deflecting conflict by using humor.

The Rescuer: The Rescuer of the family takes care of everyone else's needs and neglects their own. The Rescuer has trouble focusing on themselves, which is detrimental to their own health and well-being.

The Mediator: The Mediator is the peacemaker of the family. The



Mediator helps all of the members of the family out and serves as the buffer.

The Power Broker: The Power Broker is responsible for maintaining the hierarchy of the family. They need to always be in control and remain at the top of the family.