



CLIENT NEWSLETTER

Welcome to Vida Support Services Client Newsletter!

How can you get the most out of Vida Support Services programming? Read this newsletter to learn more about the many events, programs, and resources that Vida has to offer.

You can WIN a \$25 gift card!

You can be rewarded for reading this newsletter. Find the **green heart** *hidden within the newsletter*, and you can be entered to win a \$25 gift card. Once you find the hidden item, call 920-731-4354 and tell the Vida Support Services receptionist where you found it or show it to your Vida mentor. We will then place your name into the drawing for the prize.

SUPPORT SERVICES HAS A TEXT LINE

There is a new way our Support Services clients can get in touch with us! To ask questions regarding your next appointment or if you have a question for your mentor, **text** Vida Support Services at **920-365-4587**.

EVENTS

Play Dates

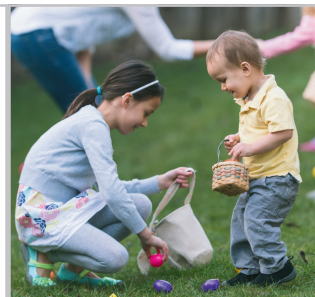
Vida Support Services hosts a free play group for moms, dads, and families. Next play dates are:



February Play Date

February TBD

*Details Coming Soon**



Easter Egg Hunt Play Date

Thursday April 11

4:30 p.m. - 6:00 p.m.

At Vida (720 W. Association Dr. Appleton, WI)

Register by April 4 - Sign up with your mentor.

*Details for upcoming play dates will be posted on:

Vida website: www.vidamedicalclinic.org/parenting-education/

Vida blog: www.vidamedicalclinic.org/blog/

COMMUNITY RESOURCE OF THE MONTH



Free Legal Services | Servicios Legales Gratis

Tuesday | Martes:

Menasha Library

(440 First St., Menasha)
1st Tuesday of the month
Time: 4-6p.m.

Biblioteca Menasha

(440 First St., Menasha)
1er Martes del mes
Hora: 4:30-6:30p.m.

Neenah Library

(240 E. Wisconsin St., Neenah)
2nd Tuesday of the month
Time: 4-6p.m.

Biblioteca Neenah

(240 E. Wisconsin St., Neenah)
2do Martes del mes
Hora: 4:30-6:30p.m.

Oshkosh Library

(106 Washington Ave., Oshkosh)
3rd Tuesday of the month
Time: 4-6p.m.

Biblioteca Oshkosh

(106 Washington Ave., Oshkosh)
3er Martes del mes
Hora: 4:30-6:30p.m.

Thursday | Jueves:

Leaven (1475 Opportunity Way, Menasha)
1st and 3rd Thursday of the month

By appointment only: call 920-738-9635 to schedule.

Leaven (1475 Opportunity Way, Menasha)
1er and 3er Jueves del mes

Con cita solamenta: tel. 920-738-9635

Friday | Viernes:

St. Therese Church (213 E. Wisconsin Ave., Appleton)
1st Friday of the month
Time: 5:30-8:30p.m.

(First come first served, might leave early if no clients show)

Therese Church (213 E. Wisconsin Ave., Appleton)
1er Viernes del mes
Hora: 5:30-8:30p.m.

(Turno según llegan, Cierran antes si no hay clientes)

PARENTING TIPS

Help! My Child is Angry.

Anger. It's one of many emotions which adults and children all feel and express. Below are a few tips to help parents and caregivers manage anger in their child:

- Remember your child is watching; be a role model and try to stay calm yourself.
- Acknowledge that you see they are angry and that it is okay to feel angry.
- Once their anger has cooled, talk to your child about their feelings and the cause of their anger.
- Try problem solving. Ask them what they might do to work through their anger.
- Acknowledge and praise your child when you "catch them" handling their anger in a healthy way.



CURRENT AND UPCOMING PROGRAMS



Food and Fellowship

Moms and dads are invited to enjoy a light dinner, fellowship with other moms and dads from the program, and ask questions about parenting and relationships to experienced couples. Food and Fellowship meets the first Thursday of the month from 6:00-7:15p.m. at Vida.

Next group dates are:

March 7, 2024

April 4, 2024

To RSVP for the event, text 920-365-4587, call 920-731-4354, or talk to your Vida mentor.

Moms Group

help for moms, from moms

The Vida Moms Group offers fellowship for moms with one another. Moms Group meets the first Thursday of the month from 10-11a.m.

Next group dates are:

February 1, 2024

March 7, 2024

April 4, 2024

Please call the office at 920-731-4354 or talk to your Vida mentor to register for Moms Group. If you register ahead of time, free childcare will be available for children (age 1+) in Little Bear Care.



Vida



Reproductive Loss

No matter what influences a woman to end a pregnancy, the physical, psychological, and spiritual side effects are real and not always anticipated. Feelings of guilt, shame, and grief become a heavy burden, and many women feel that they will never be free, that no one understands, and that God will never forgive them. There is hope.

Forgiven and Set free is a 10-week Bible study and support group that aids individuals in finding freedom from the pain of reproductive loss because of past abortion(s).

For more information visit: vidamedicalclinic.org/forgiven-set-free/

CURRENT AND UPCOMING PROGRAMS



Gran Oportunidad Viene Pronto a Vida... Celebrando la Recuperación

“Celebrando la Recuperación es un enfoque bíblicamente equilibrado para ayudar a lograr una recuperación sostenible y sanación de nuestras heridas. Nos guía hacia nuevas verdades saludables y hábitos que dan vida mientras reparamos nuestras relaciones rotas. Ahora camine en libertad a través del poder de Jesucristo mientras recorremos los 8 principios para celebrando la recuperación basados en las Bienaventuranzas de Mateo 5.”

Fecha límite para registrarse o preguntas: Viernes 2 de febrero 2024 con Noemi al 920-731-4354 extensión 1013 o en persona.



Spanish Bible Studies | Estudios Bíblicos de Grupo en Español

Is God calling you closer to Him? Vida Support Services will be offering 2 Spanish Bible studies:

1. Every 2nd Wednesday of the month 4-5p.m.
2. Every 3rd Wednesday of the month 9-10a.m.

To get involved, please **contact Noemi** by calling 920-731-4354 ext. 1013.

¿Está llamándote Dios a estar mas cerca de El?

1. Cada 2do miércoles del mes 4-5p.m.
2. Cada 3er miércoles del mes 9-10a.m.

Contacta a Noemi
920-731-4354 ext 1013.

Men's Programming Coming Spring 2024

In addition to Vida Support Services providing free male mentoring for dads and Vida Medical Clinic providing free STD testing and treatment for men, Vida offers men's programming every spring and fall. Check out our website for more information about *2024 Spring Men's program coming soon.*

Vida Medical Clinic and Support Services
www.vidamedicalclinic.org | 920-731-4354

