

JUNE 2020

SCW'EXMX CHILD AND FAMILY SERVICES SOCIETY



We Protect Children
We Support Community
We Support Families

Contact Information



250-378-2771
or Toll-Free 877-378-2773



All staff are working remotely
Mon-Fri 8:30-4:30



Fax 250-378-2799



Robyn.McDonnell@scwexmx.com



facebook.com/scwexmxchildandfamily



2975 Clapperton Ave, Merritt BC, V1K 1G2



www.scwexmx.com



kidshelpline
Anytime Any Reason

Do you need help? If you don't feel safe, or you have a concern, you can call this number 24 hours a day for free from any phone

250-310-1234

Child Protection Concern?

Please call the office or 24 hours a day call Centralized Screening at

1-800-663-9122



ART CONTEST

ROCK PAINTING OR WINDOW ART

- 1) Find your perfect rock or window
- 2) Come up with a design
- 3) Create your master piece
- 4) Take a picture and send to Cely-Rae or leave in comments

PRIZES

1st Prize - \$100 Gift Card
 2nd Prize - \$50 Gift Card
 3rd Prize - SCFSS Hoodie

ENTRY DEADLINE: June 10, 2020

Send your picture to celyrae.street@scwexmx.com or leave a picture in the comments

Calming Toolbox



A How To Guide

1

Find The Right Toolbox

It is important to start with finding the right toolbox for you. If you travel a lot consider using a bag, backpack or purse. If you are at home often you can try a box or container.

2

Decorate Your Toolbox

Time to make your toolbox unique and special to you. Enjoy decorating your toolbox to help you want to use it on those down or stressful days. Have fun!

3

Discover Relaxation Tools

On the next page check out a list of relaxation tools you can either add to your toolbox or create a reminder card to go try these activities.

4

Explore Energizing Tools

On the next page take a look at some energizing tools you can use when you are feeling low or tired. You can either put them in your toolbox or make a card to remind you to do these activities.

5

Share With A Friend Or Family

It is important to share with a friend or family member why you made this toolbox and what would be helpful for you during your time of need. Just know you are not alone!



10 ENERGIZING TOOLS TO WAKE UP THE BODY AND SENSES



Bike Riding

Go for a nice bike ride in nature or bike path.



Swimming

Take a swim in the river, lake or community centre.



Singing

Belt out your favourite song!



Dancing

Moving your body to a rhythm is a great way to wake it up.



Hula Hooping

Try hula hooping to get your body moving.



Cleaning

Try some spring cleaning. This can be in or outdoors.



Forest Hike

Explore your local area with a nice forest hike.



Ice Cubes

Try holding an ice cube as long as you can.



Skipping Rope

Try skipping and see if you can beat your last score.



Sports

Kick a ball, shoot some hoops, or hit a ball.



10 RELAXATION TOOLS

TO CALM THE MIND AND BODY



Colouring

Try doodling, colouring pages, or drawing.



Blowing Bubbles

Blowing bubbles is a fun and relaxing way to breathe.



Nature Music

Try exploring Youtube's relaxing nature music.



Walk In Nature

Taking a walk among the trees or next to a river is quite soothing.



Reading

Pick up a old favorite or read something new.



Water Cleansing

Go to a river and cleanse your face and body with the refreshing water.



Painting

Explore new ways to paint. Splash paint, pouring, pull and scrap. Be creative.



Beading

Try beading tutorials on Youtube. Find your creative expression.



Sewing

Have some holes in your clothes, try sewing them up or sew a patch on.



Journaling

Find a nice note pad and pen. Express yourself through words.





Do-It-Yourself Body Scrub

Expert Self-Care Advice from KurSpa Manager - Kerry Werner



Ingredients



- ½ cup of finely ground salt
- ¼ cup of oil - We recommend using a light oil such as Grapeseed or Jojoba oil as both are easily washable
- 5-10 drops total of your preferred essential oil(s)
- Glass container with a re-sealable lid - to store any unused scrub for next time

DIRECTIONS

1. Blend the ¼ cup of oil with your essential oils in a small cup to ensure they are mixed well
2. In a larger, separate bowl measure out ½ cup of your finely ground salt
3. Add the blended oil to the salt and stir - aim for a slushy consistency
4. If your scrub seems dry, add more oil; if it seems too wet, add more salt!

Now for the fun part! Let's get that old skin off to reveal the glow underneath! As this is a salt-based scrub, do not use over freshly shaved skin as it will sting and potentially cause irritation.



THANK YOU to Sparkling Hill Resort Wellness Wednesday blog!

FORTNITE
MERRITT BC



FRIDAYS
3:30-5:30PM
STARTING MAY 22

NO FOUL LANGUAGE

CREATING A SAFE ENVIRONMENT

TOURNAMENT? CHALLENGES

BULLYING WILL NOT BE TOLLERATED

HANGOUT ON FORTNITE? GUIDELINES WILL BE SET

MET NEW PEOPLE

WANT TO PLAY IN A LOCAL SESSION?

Sign up with SCFSS, send your name, age, epic game tag and game console details to Robin Humphrey - robin.humphrey@scwexmx.com - 250.315.7659



SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

STAY WELL • STAY SAFE • STAY HOME

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Dandelion Salve

By: Jenny Cross from Skidegate, Haida Gwaii



Dandelion Salve Recipe

By: Jenny Cross from Skidegate, Haida Gwaii

*For use on aches and pains, sore muscles or dry or itchy skin



Harvesting Dandelions (Spring & Summer)

Springtime has better quality dandelions – more portent.

Summertime, in July, the dandelions are smaller.

Find a clean, safe environment that has an abundance of dandelions.

Offer a prayer of thanks to Mother Earth for her abundances and to the plan for its medicinal purposes (can offer tobacco with a prayer).

The Process of Infusing

Before making this dandelion salve, you will first need to make dandelion infused oil. You can either dry the dandelions overnight or place them immediately in a quart jar. Next, fill the mixture with oils of your choice. Place in a dark place for about 5 days.

NOURISHING OILS: Grapeseed Oil, Almond Oil, Extra Virgin Olive Oil

Using Grapeseed and Almond together creates a light and smooth salve.

After infusing for 5 days:

1. Place a cheesecloth in a colander/strainer over a glass bowl
2. Slowly pour infused oil with dandelions into the cheesecloth
3. Gently press dandelions so that it strains well through the cheesecloth
4. Pick up the cheesecloth and gently squeeze all the dandelion goodness out into the strainer, through to the bowl
5. You now have your infused oil ready for the salve-making process!

Ingredients for Salve (using 1 cup of infused oil)

1. 1 cup of the dandelion-infused oil
2. 1 ounce beeswax - grated (1 oz. = 1/8 Cup or 3-4 TBSP) – solidifies the salve
3. 1 ounce refined shea butter or solid coconut oil (1 oz. = 1/8 Cup or 3-4 TBSP)
4. 12-24 drops essential oil of your choice (12 lavender and 12 sweet orange work well)

Instructions

1. Create a makeshift double-boiler by putting a small pot over a bigger pot with about an inch of simmering water.
2. Put the dandelion oil and beeswax into the small pot and heat until the beeswax completely dissolves into the oil, stirring occasionally.
3. Add the shea butter/coconut oil and stir until completely dissolved.
4. Remove from stove and stir in the essential oils.
5. Carefully pour the mixture into small jars/tins and let sit until the salve sets up completely.