



YOU HAVE A VILLAGE // ISSUE 1 // 2021

January Newsletter



Hi Villagers!

“

We have launched
and cannot wait to
welcome you into
your Village!

”



WE HAVE LAUNCHED!

We are excited to announce our official launch of You Have A Village. YHAV is a virtual parent platform that offers parent support groups and mental health resources for parents/caregivers.

We are here to support all parents and caregivers, whether they have children with diagnoses, or are just trying to be the best parents that they can be. In our years of work (as therapists and Special Education School leaders) we have noticed that parents have very few support networks.

Even when their children receive therapy, mental health outpatient/inpatient services, and IEP resources, parents are often left to figure out how to navigate the mental health field on their own. We want to change this!

In our Village, parents will be able to reach out to peers in an anonymous chat support group that is moderated by our team of parent support coaches. We also offer regular groups in which parents can attend different topics with other parents who have similar needs and questions.

In addition to our Village Membership, our website offers FREE reliable and up-to-date mental health information and resources for parents such as webinars, guided-meditations, self-care tips and clinical tools for children.



YHAV is committed to being an effective and evidenced-based practice. Data from a pilot study conducted this past summer indicates that parents who attended YHAV groups for one month reported significantly higher scores on the Parenting Sense of Competence scale and significantly lower scores on the Parental Stress Scale. Of particular note, parents indicated feeling less alone and more knowledgeable following a month in the Village Community.

If you know of a parent in need please encourage them to check out www.youhaveavillage.com.






PILOT FINDINGS

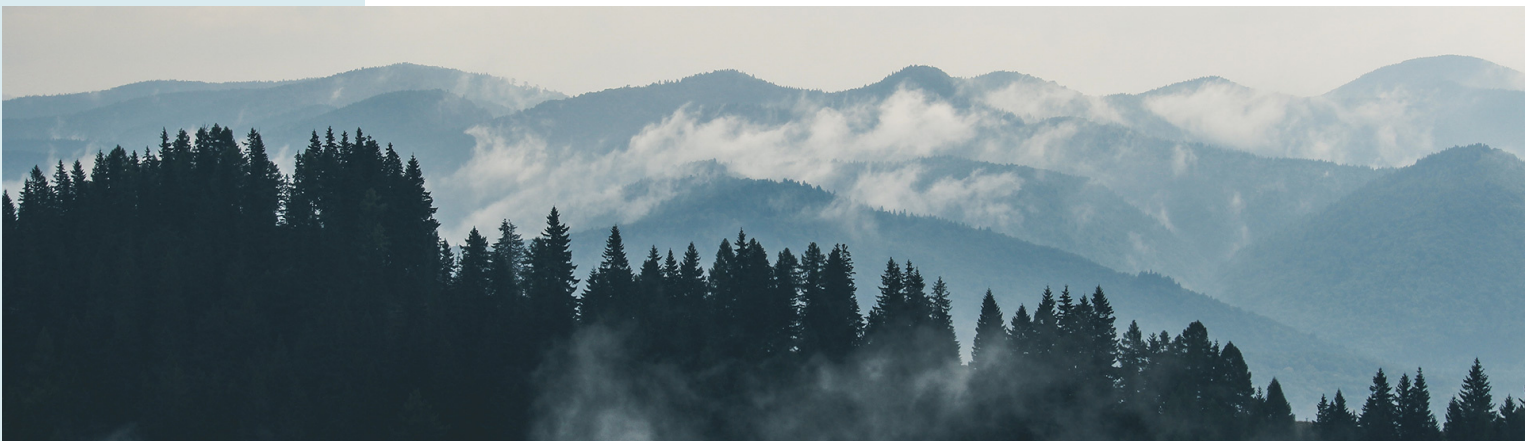
This summer, we conducted a pilot for 26 parents that offered various forms of support for them. We were so excited to see that the data showed the value of the village. The data was collected from a pre and post-survey given at the beginning and end of the month.



IN JUST ONE MONTH

OVERALL, OUR PARTICIPANTS

- 
- Felt less alone
 - Were more likely to talk to others
 - Felt less worried about shame or stigma for their child
 - Felt less guilty about supporting their child's mental health needs
 - Felt more confident in a place to go for support





WINTER WEBINAR SERIES

IT'S FREE!

NAVIGATING SCHOOL STRUGGLES

January 18th 8:30PM

*Signs that your child might be facing challenges in school
and strategies to assist your child*

THE POWER OF ACTIVITY

January 27th 8:30PM

How Sport and Movement Can Have an Effect on Families

PANDEMIC PARENTING

February 4th 8:30PM

Survival Mode

HELPING YOUR CHILD (AND YOU) WITH ANXIETY


February 16th 8:30PM

Navigating symptoms and root causes of anxiety

FAMILY DYNAMICS AND YOUTH SPORTS

March 5th 8:30PM

*How family dynamics can impact a child's growth and
development*



Sign up or learn more here:
www.youhaveavillage.com/webinar-series

