

## Don't Give in to Fear

Caregivers often worry that a child's future will be impacted by addiction. We know this fear comes from a place of deep love and protectiveness, but we also know that fear is an ineffective teaching tool. It doesn't facilitate long-term success. Instead we should focus on joyful connection and meaning.

We at the children's program believe in the power of awareness. We teach kids about the possibility of "addiction messing with them," and we discuss how the disease runs in families and the risks involved in using substances. Then we teach different resiliency skills like talking to safe people, asking for help, expressing feelings and practicing self-care.

Giving them a clear direction to follow will help them practice their own T&R and increase their chance of being happy and healthy. And although we can't control our children's future, we can empower them with important knowledge, skills and balance that set them up for a lifetime of success.



# CAREGIVER'S CORNER

## We Hope to See You at This Event!

**California Be a Hero 5K  
Rancho Mirage**

**February 18, 2023 at 8 a.m.**

You can learn more and register at [BeAHero5k.racewire.com](https://www.beahero5k.com).

You can also visit our website to do some fun holiday activities.  
[HazeldenBettyFord.org/Kids](https://www.hazeldenbettyford.org/kids)

**Have a happy and safe holiday season!**



### Please reach out if you ever need us.

#### California Team

760-773-4291  
[ChildrensCA@HazeldenBettyFord.org](mailto:ChildrensCA@HazeldenBettyFord.org)

#### Colorado Team

303-745-2275  
[ChildrensCO@HazeldenBettyFord.org](mailto:ChildrensCO@HazeldenBettyFord.org)

#### Minnesota Team

651-213-4720  
[ChildrensMN@HazeldenBettyFord.org](mailto:ChildrensMN@HazeldenBettyFord.org)

*The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.*

# Beamer's Buddies

WINTER 2022

## Safe and Happy Holidays

Beamer says goodbye to his friends before they leave for winter break. Beamer knows he will have lots of fun during the holidays, but he's also nervous about addiction showing up.

Miss Light sees Beamer and stops to say goodbye. She can see how worried he looks and reminds him, "Beamer, even though we don't have school for two weeks, it is important to connect with other people who understand and care about you. Do you have a safe person you can share your feelings with?"

Beamer remembers the wonderful talks with his grandma MooMoo when they bake cookies together. He feels safe and happy when he's with her. He lifts his head and smiles, "I sure do! I get to spend the holidays with my grandma." He smiles and waves goodbye, "Happy holidays, Miss Light. I'll see you next year!"



# Just for Fun



Help Beamer circle the winter words from the list below!

## Winter Word Search

S K I I N G S N O W B O O H T  
 S F I R E P L A C E I N G E O  
 L I E A R M U F F S C N Y T S  
 E W S B C O L T R A E S T A C  
 D I M L R O W S N O U G H E A  
 D N U I A U L O W P S H T O R  
 I T F Z E S A D E H A T A O F  
 N R B Z B A E R O W P L Y I I  
 G C O A T O T L Y D M W L C R  
 I T O R H A F R O T A S U I E  
 P O T D E C E M B E R I L C L  
 L A S N C R O V I N C L O L R  
 O A D H J K T C E S H O V E L  
 W J A N U A R Y O E S A H S T  
 M I T T E N S W E A T E R E L



- |          |           |          |
|----------|-----------|----------|
| BLIZZARD | FIREPLACE | PLOW     |
| BOOTS    | FROSTY    | SCARF    |
| COAT     | HAT       | SHOVEL   |
| COCOA    | ICE       | SKIING   |
| COLD     | ICICLES   | SLEDDING |
| DECEMBER | JANUARY   | SNOW     |
| EARMUFFS | MARCH     | SWEATER  |
| FEBRUARY | MITTENS   | WINTER   |



CRAYONSANDDRAWINGS.COM

# Ask the Counselor



Answers to Your Questions about Addiction & Other Stuff

## Are vapes worse than cigarettes?

Great question. Some people use vapes to cut down on nicotine, which is the drug in cigarettes. But vapes have some of the same addicting ingredients. So it's healthier to find different ways to manage stress—like exercise or painting!



## Get to Know Allyssa from Minnesota

**How do you have fun?** I have bonfires, hang out with friends/ family and watch hockey!

**Favorite foods:** EVERY KIND OF PASTA! I love them all.

**Superhero I want to meet:** Wonder Woman

**What makes you happy?** Being a children's counselor, spending time with family, being outside when the sun is shining and eating snacks!



Contact me at  
 AHouleSowka@HazeldenBettyFord.org  
 or 651-213-4995

# Express Yourself



Here are a few drawings made by amazing kids like you. The artwork really shows the hurt of addiction and the hope of T&R.



We hope you send us some of your artwork!  
 Submit your drawing to [ChildrensVS@HazeldenBettyFord.org](mailto:ChildrensVS@HazeldenBettyFord.org).