

TEAMWORK:

ISSUE 19 / FALL 2024

A QUARTERLY CHILDREN'S
CLINIC AND FLEX NEWSLETTER
FROM OUR TEAM TO YOURS



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FALL IS HERE

The nineteenth issue of our Children's Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed in the waiting room at the Clinic, and archived [here](#) on our **WEBSITE!**

Want to unsubscribe from this newsletter? No problem! E-mail lgray@cutchins.org and we will remove you from the mailing list.

This newsletter has been made possible through our agency partnership with United Way of the Franklin & Hampshire Region.

United Way of the
Franklin & Hampshire Region



Cutchins Programs
for Children & Families

LETTER FROM THE DIRECTOR

Hello Clinic and Flex Families,

Apologies to those of you who love summer, I for one, am so excited for Fall to begin! Yes, it's partially the iced pumpkin spice lattes, but more so the change of the temperature and the slow transition to a slightly cooler, slighter more quiet time. I hope your families enjoy some Fall traditions together, and make some new Fall memories!

A few updates/reminders:

- Big news! The Clinic is growing! We were presented with the opportunity to occupy the first floor of our building, and are in the process of taking steps to begin providing healing services on all three floors of our current building. As plans become more clear, we will share more details with you. Very exciting stuff!

- A huge thank you to all who supported our fundraiser at Nini's Ristorante, we were able to collect a donation of almost \$500 with your support and the generosity of the team at Ninis. If you have ideas for future fundraisers/community collaborations, please reach out to Lucas. Every bit helps!

And we have another fundraiser coming up! D'Angelo on King St in Northampton will donate 20% of all sales Thurs Sept 26th from 12-8 to the Clinic. Grab a flyer, tell your friends and support us if you can!

- Our annual Agency Superhero Run is coming up, please consider signing up to walk or run, and spread the word about this family friendly, very fun event.

- Please make sure to read the article we have included about our CEO, Tina Champagne, and her very impressive work integrating mental health and occupational therapy. We are very fortunate to have her as our leader, inspiring our work!

· Finances:

- If you have a copay for your sessions, please pay copay at the front desk prior to your appointment.
- If you recently received a statement of your balance, please reach out to Lucas (Lgray@cutchins.org, 587-3265) to discuss payment and/or payment plan or pay when you are next in. You can also call in a credit card payment. We are no longer accepting cash at the front desk.
- If you have had, or anticipate a change in your insurance coverage, please let us know as promptly as possible.

Thank you for reading our newsletter, we hope you find it helpful!

With Kindness,

~Amanda Jenkins Harrison, LMHC
Vice President of Community Services





The Clinic is Growing!



Starting Fall of 2024, we will begin expanding into the first floor of 17 Brewster Court.

Soon the Children's Clinic and Flex teams will be on all three floors of our building.

Stay tuned for updates!



HELP SUPPORT THE CHILDREN'S CLINIC

Join us at 388 King St Northampton
on Thursday Sept 26th from 12-8 pm.

D'Angelo will donate 20% of all sales to the Clinic.

Please bring this flyer or screenshot with you.

If ordering online, use code **Code19** on the Checkout Screen.

*Thank you for
supporting
our work!*



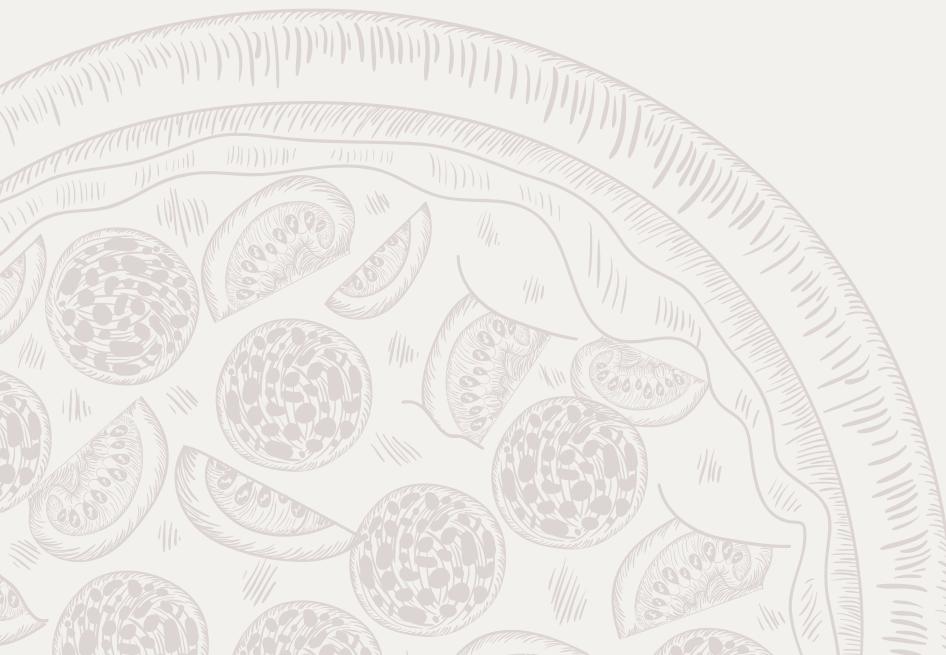
THANK YOU NINIS



And your "Raisin' Some Dough" Fundraiser!

Together we raised almost **\$500** for the Children's Clinic to support our services for children and families!

We'd like to thank everyone who attended and supported this event. You mean the world to us! Your support makes all of this possible.





SUPERHERO RUN 2024

10K Run, 5K Walk/Run

Event For All Ages!

October 6, 2024 | Northampton, MA

REGISTER
NOW

Costumes Encouraged
All Ages Event!



When: October 6, 2024 @ 8:30am

Where: 78 Pomeroy Terrace
Northampton, MA

 Cutchins Programs
for Children & Families

www.cutchins.org

We are proud to present our 8th Annual Superhero Run!

This community event is an exciting celebration of our programs: bringing awareness about the impact of trauma and mental health struggles on children and adolescents in our community, while promoting physical health!



A HEALING APPROACH:



By Alexa Lewis

Cutchins Programs CEO Tina Champagne is recognized for her international impact on the connection between mental health and Occupational Therapy

We are incredibly fortunate to have Tina as our CEO, and so proud of her accomplishments and recognitions in the field. Check out this article about Tina's work and the major award she just received!

READ MORE



Adoption Journeys Newsletter



The Adoption Journeys Newsletter is a fantastic resource for caregivers and family members.

In this edition you'll find:

- An art event at Park Hill Orchards
- Several parent workshops during the fall
- Parent webinars
- A Transracial Parent Support Group
- An event at Great Wolf Lodge
- A night out for adoptive parents
- Activities or tweens and teens
- An immersive sound and light experience at NightWood



And much more!

AOK
Community
Closet

WE ARE
MOVING

OPENING IN
SEPTEMBER 2024

NEW
LOCATION

OPENING IN
SEPTEMBER 2024

6 Open Square Way
Holyoke, MA 01040

We have some important information to share prior to the move ...

Donation Pause

Prior to our move, we will be unable to accept any donations from July 1st until our reopening in order to streamline the moving process and reduce costs.

Stay up-to-date

Be sure to follow our Facebook page for up-to-date move information

Temporary Closure

To facilitate our move, the AOK Community Closet will be closed from August 19th through September 14th, 2024 (pending the acquisition of all necessary licenses and permits). During this closure period, we will be unable to accept donations or assist with emergency placements. We apologize for any inconvenience this may cause.

Is social media impacting your child or teen's mental health?

Join our free webinars for parents, caregivers, and school staff to learn more



Join Cartwheel and Dr. Ilan Shapiro in partnership with the American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health for an engaging webinar on one of the most pressing youth mental health topics today. Learn how to engage your child in meaningful discussions, set healthy boundaries, and support their well-being in the digital age.

Register here, spots are limited!

Sep 17, 7pm ET:
[Social Media & Youth Mental Health: What to Know, What to Do](#)

16 de oct, 7pm ET:
[Redes Sociales y Salud Mental Juvenil: Qué Saber y Qué Hacer](#)

