

CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.

November 14, 2014

November Holidays

Nov. 27th & 28th
Closed Holiday



"We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open."

~ Jawaharlal Nehru,
(1889-1964)

Statesman, lawyer, and freedom fighter Nehru was the first prime minister of independent India.

Word of the Week

convivial

(kuhn-VIV-ee-uhl)

adjective: Friendly; sociable; cheerful; jovial.

From Latin convivium (feast), from con- (with) + vivere (to live). Earliest documented use: 1669.

The CenterLine



Time With Your Kids Reconnect Through the Holiday Spirit

This year, welcome the holidays by focusing on reconnecting as a family and as a community. Take time to plan and show children different ways of celebrating and enjoying the holidays. For example, grandparents or other caring adults could tell stories of the meaning and traditions of how the holiday season was celebrated when they were children: games played; special traditions, including food and decorative items; or the manner in which they gave gifts. Storytelling allows parents and children to connect and appreciate their cultural and traditional beliefs during the holiday season.

Besides teaching your children your own traditions, take time to learn and investigate how other cultures or religions celebrate the meaning of the holiday season. Several holidays are celebrated during this time of year. Depending on the culture or religious belief, the same holiday may have different expressions, practices, and historical meanings, but it may still have significant practices in common, such as lighting candles and displaying ornaments and decorations.

Exploring other cultural traditions helps children focus on the similarities between people and appreciate cultural differences. This experience allows children to grow up to be tolerant and respectful adolescents and adults.

Happy holidays to everyone—stay safe and healthy! The resources below provide parents with tips on ways to stay safe, as well as on various volunteer opportunities, during the holiday season.

Resources

Centers for Disease Control and Prevention: "[Holiday Health and Safety Tips](#)" identifies 10 tips for parents to keep their family safe and healthy during the holidays.

National Child Traumatic Stress Network: "[Holiday Stress](#)" helps people cope with grief, stress, and depression during the holiday season. Numerous resources are listed for educators, families, and mental health professionals.

National Center for Missing and Exploited Children: "[How Parents Can Keep Children Safe While Shopping and Traveling This Holiday Season](#)" educates parents about what they should be telling their children to keep them safe while shopping and traveling this holiday season.

Education.com: "[Get Kids Volunteering! Why and How to Make a Difference](#)" identifies ways and programs established for parents to get very young volunteers involved.

KidsHealth: "[Making the Holidays Safe](#)" alerts parents and caregivers about potential hazards and dangers during the holidays.

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Holidays 2015

<u>Holiday</u>	<u>Date</u>	<u>Type *</u>
New Year's Day	January 1	Closed
Martin Luther King, Jr. Day	January 19	Floating
President's Day	February 16	Floating
Memorial Day	May 25	Closed
Independence Day	July 3	Closed
Labor Day	September 7	Closed
Columbus Day	October 12	Floating
Veteran's Day	November 11	Closed
Thanksgiving	November 26	Closed
Thanksgiving Friday	November 27	Closed
Christmas Eve	December 24	Closed
Christmas	December 25	Closed

***Type:**

Closed: Center offices are closed

Floating: Offices do not close. Staff may take any working day prior to the end of the calendar year with the advance approval of their supervisors. Unused floating holidays are not paid at termination of employment.

Note: *Co-located Center offices that share support staff with other agencies will observe the closed holidays of the host agency in place of a floating holiday.*

Approved November 13, 2014