

Siouxland Mental Health

Pediatric Integrated Health Home

June 2015 Newsletter

Summer Food Program

The Sioux City Community School District is once again participating in the Summer Food Service Program. Meals are available for all children ages 2-18 years without charge. Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, sex, age, or disability, and

there will be no discrimination in the course of the meal service. Most locations will start serving meals June 1 and run through August 7, Monday through Friday. All locations closed on July 3. Breakfast serving time is 7:45 -8:30 a.m. and lunch serving time is 11:30 a.m. - 12:30 p.m.

Be yourself, accept yourself, value yourself, forgive yourself, bless yourself, express yourself, trust yourself, love yourself, and empower yourself.

Questions or concerns about **IHH** contact our office at 712-224-1023.

Need a ride to an appointment, contact **Care For Kids** at 712-224-5424.

Sioux City Transit, Kids ride **FREE** June-August contact at 712-279-6405.



June is National Safety Month ~



June is National Safety Month. Many schools are getting out and kids are starting their summer vacations. Sun safety is important and wearing sunscreen to protect the skin. Over exposure of sun can result in sunburn. Did you know that 80 percent of life time sun damage occurs in childhood? Applying sunscreen to your skin can lower your chance to getting sun burned. Seek Shade whenever possible! The sun's rays are the strongest between 10:00am – 4:00pm. At least SPF 30 sunscreen will help prevent sunburn. If you have any questions about sun safety contact your IHH nurse for further information.

The IHH Resource Center

Art therapy- meets the second Thursday of the month at 5:30pm. The art therapy is FREE contact Sister Janet 712-252-9387 to register for class. This group is held at June E. Nylen Cancer Center.

Autism Support Group meets the second Thursday of the month at Western Hills Area Education Agency. For more information call 712-274-6000 ex 6040.

Divorce Support Group For Children is a unique group to help children cope with the

challengers of parental separation or divorce. Call 712-279-2373 to register.

Hey Kids, what do you want to do this summer? Swim, hang out with friends, play soccer, read, sing, dance, visit new places, learn a new language? You will do all of this and lots more at **Camp Imagination 2015**. Contact Mary J. Treglia Community House at **712-258-5137**.

~~If you have any further questions about resources in the community contact your IHH care coordinator.

Siouxland Mental Health
Pediatric IHH
1014 Nebraska St.
Sioux City, Iowa 51105