



24 hour confidential hotline: 1-800-537-6066 or 874-1973

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Hello,

We are a mere 5 days into Fall and already the leaves are changing color, some have browned, and having lost their hold on branches, wafted to the ground. Others dot the landscape with fiery reds, golden yellows, and burnt oranges. While we still have warm, sunny days, gone is the thick humidity and oppressive heat of July and August. Even the air seems different...clear and refreshing somehow. And while our flower and vegetable gardens may have gone-to-seed, crisp apples, gourds, and pumpkins are aplenty.

What with all the noticeable alterations to our landscape, we are perhaps never more aware of change as we are in the Fall. While Fall is not the start of a new year...which is when we often think of making changes in our lives...there is something about this season that echoes with a bold reminder of the impermanence of things. And what we know about the ephemeral nature of life is that it involves letting go of the old so to make room for the new.

Much of our lives is a balance of holding on and letting go. And nature is a fine teacher. While the change of seasons is perhaps a gentle reminder of the impermanence of things, think, too, of the devastation of a wildfire. Between January 1st and June 21st of this year we lost an estimate 1.03 million acres to wildfires in the US! And not to dismiss or make light of the loss of homes, lives, livelihoods, and wildlife due to the fires, but much of nature rebounds in the aftermath of such destruction. Dormant buds sprout and nutrients are stored in root systems. And did you know that there is species of trees that hold a specific type of seed in their canopies that they only release during wildfires? These seeds drift to a burnt, but cooled bed of soil to eventually sprout the beginnings of new trees. *These seeds exist entirely to bring new life to a devastated area.*

When we are experiencing sudden or overwhelming change in our lives, it is easy to feel disoriented or afraid. The *unknown* is indeed scary. But if we take our cue from nature, and specifically the Fall season, what we learn is that *letting go* is a part of life that is unavoidable. Moreover, *letting go* not only makes way for the new, but it brings us peace of mind as well when we cease spinning our wheels or pining-away for something or someone which no longer serves, deserves, or supports us. We all hang on to material possessions or mementos, but also to relationships, and maybe too, regret and old resentments. But these things can weigh us down and keep us stuck, unable to move forward or heal. So maybe consider this...that each one of us has the human version of that little seed inside us, waiting to sprout in the aftermath of difficulty...waiting to remind us, that we had it in us all along to heal and thrive in the aftermath of personal hardship or devastation.

Best,

Monique

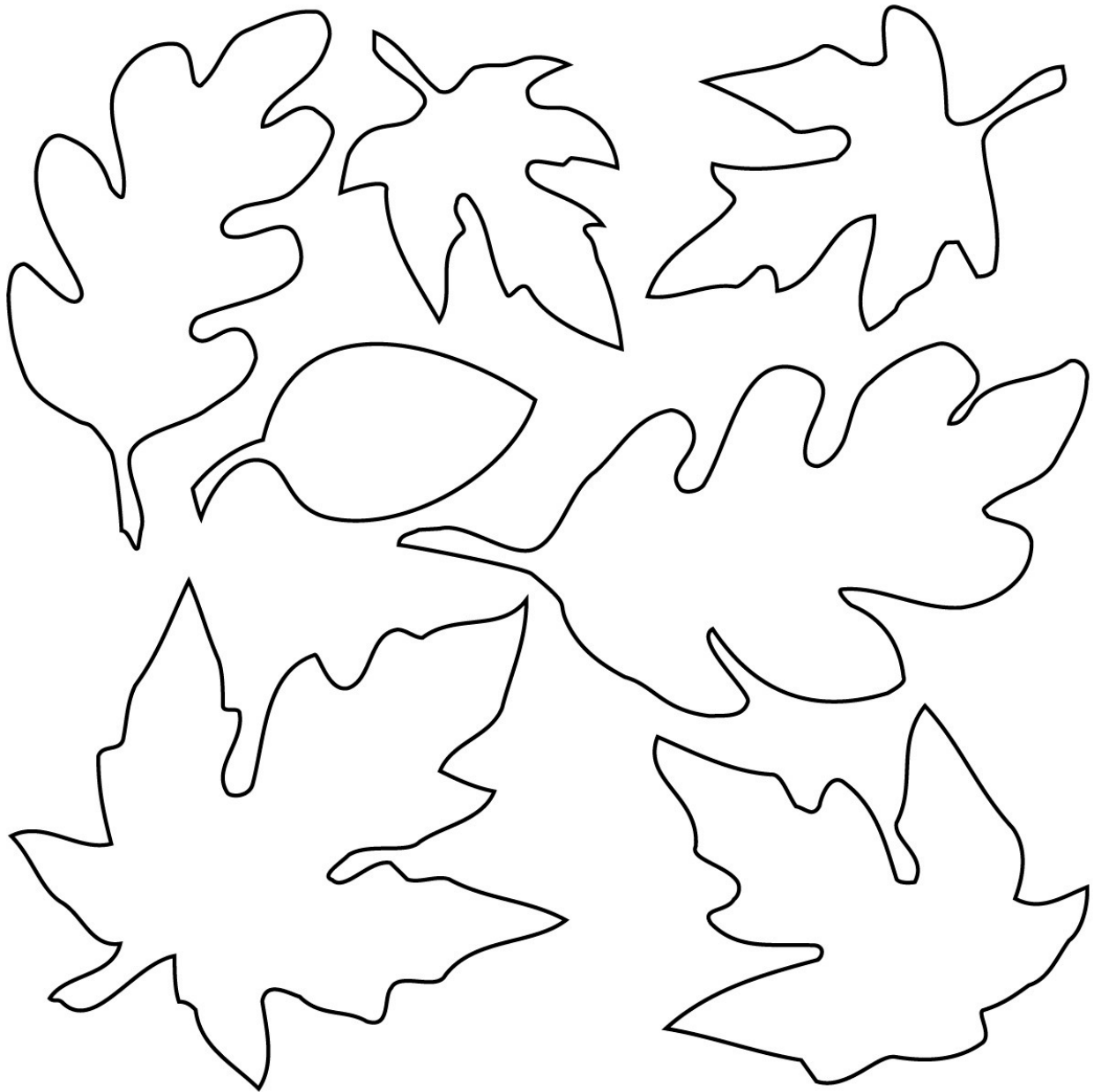
&

Nicolle

ART 1

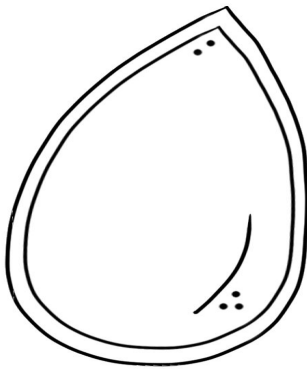
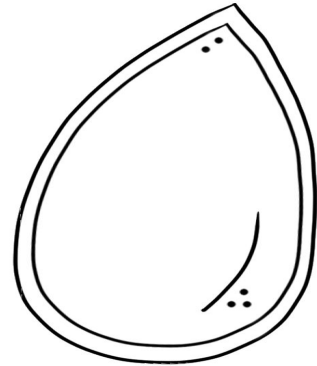
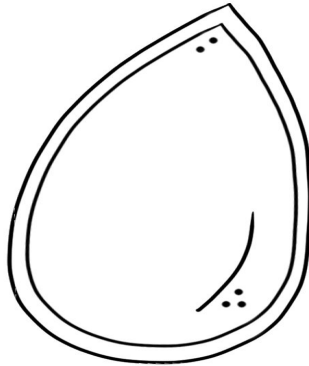
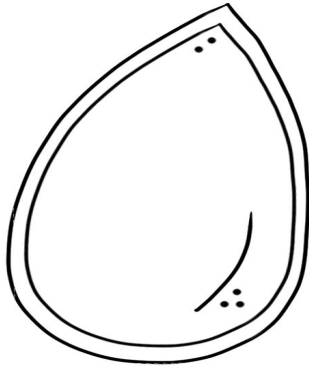
AUTUMN SHOWS US HOW BEAUTIFUL IT IS TO LET THINGS GO.

What are some things you want to let go of or have let go of recently? Write them in the leaves below.



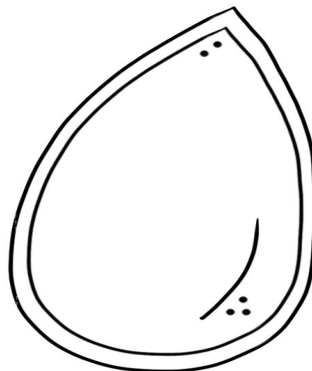
ART 2

Below are your seeds...what will you plant and then nurture for the amelioration of both your present and future-self?



You will never
grow to your fullest
potential unless you
plant seeds of joy,
love, fulfillment,
hope and success.
Nature can only
return to you what
you plant.

Live Purposefully Now



The changing of seasons can bring with it many feelings. Perhaps there is excitement for new beginnings, for further growth. Maybe there is pain still felt from seasons past, regret or grief. But this, right now, is uncharted territory. You have had yourself through all that has changed, and you will have yourself through all that is yet to be. You have come so far to make it to today, to greet another autumn. Be proud of being here still—you are growing through it all.

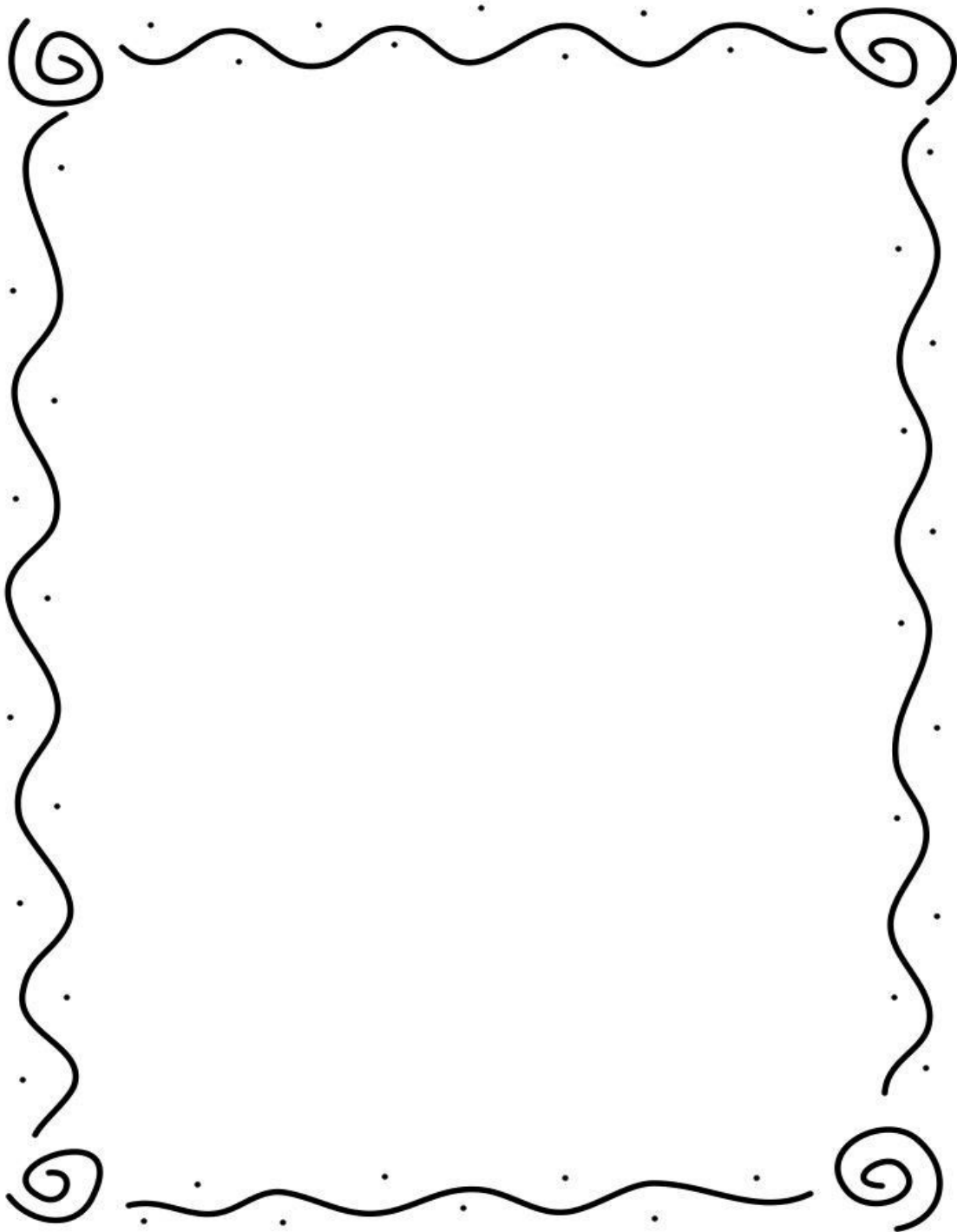
-p.bodi



WRITING PROMPT

Do you agree or disagree with the following statement? Why/why not?

“Regret is important to acknowledge, but equally important to let go of.”



Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

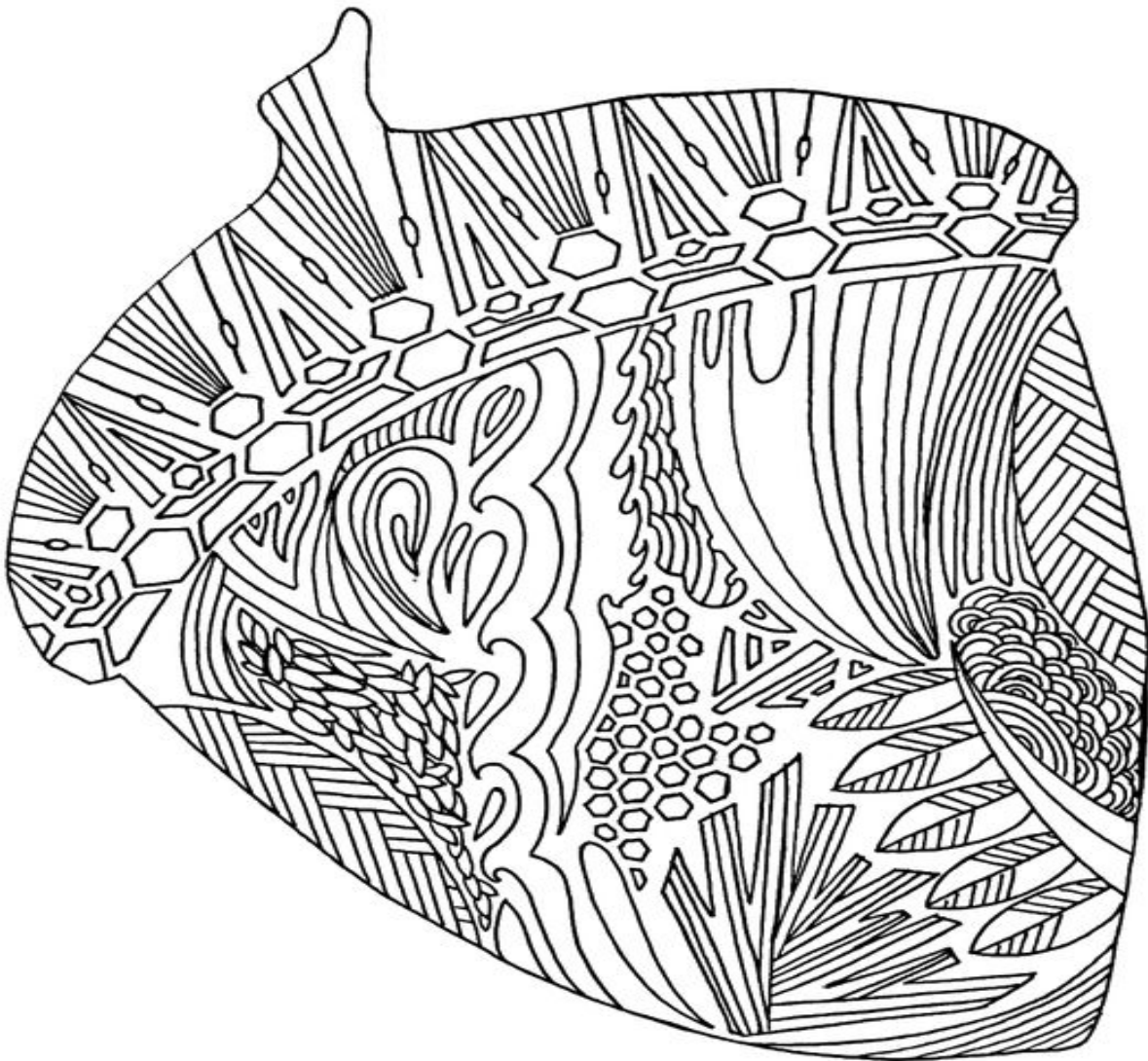
QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



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Acorns are the fruit of the oak tree. Encapsulated inside the hard shell is the makings of a giant oak tree. All that is required of them is that they fall to the ground and then nature takes its course.

What if like the acorn, we all come fully equipped with what we need to thrive and survive!!

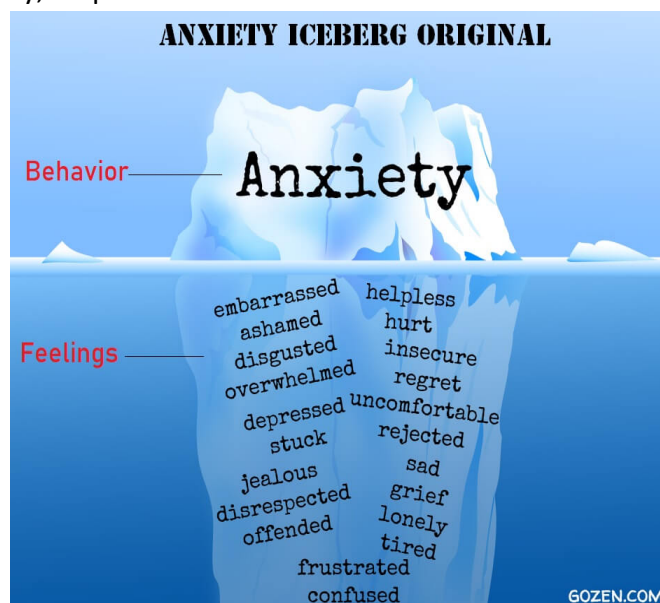


HEALTHY RELATIONSHIPS

Things Those with Anxiety Secretly Do Alone (Edited from The Depression Project)

- Replaying past events in your head to try and 'correct them'
(Because your anxiety makes you focus on the past mistakes and overmagnifies them.)
- Imagining future events and trying to figure out any surprises that may make things not to according to plan.
(Because you're worried this surprise may trigger your anxiety.)
- Re-watching TV shows over and over again.
(Because you know what will happen and that certainty allows you to feel safe and comfortable.)
- Socially withdrawing to cope with your symptoms.
(But getting overwhelmed by unread messages/emails, etc., that are waiting for you once you have the energy to deal with them.)
- Typing out a message (or writing a letter) that tries to explain you struggle with anxiety.
(But then you delete message or don't mail the letter because you are second-guessing yourself and/or can't find the right words.)

When it comes to anxiety, we can only see the tip of the iceberg of how it really affects someone. If you suffer from anxiety from time-to-time...be easy on you. If you have a friend or loved one who suffers from anxiety, be patient.



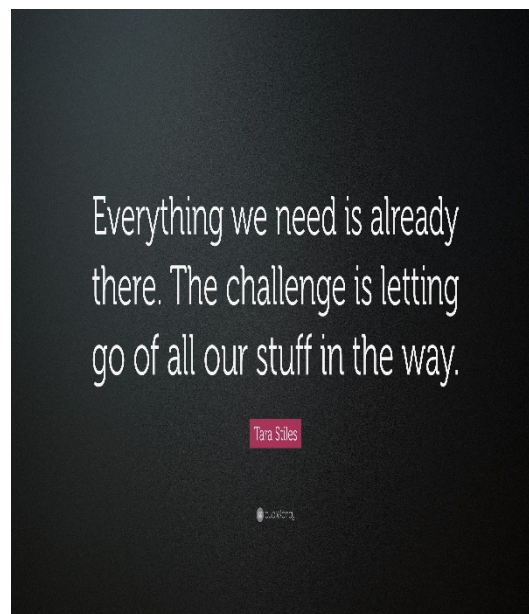
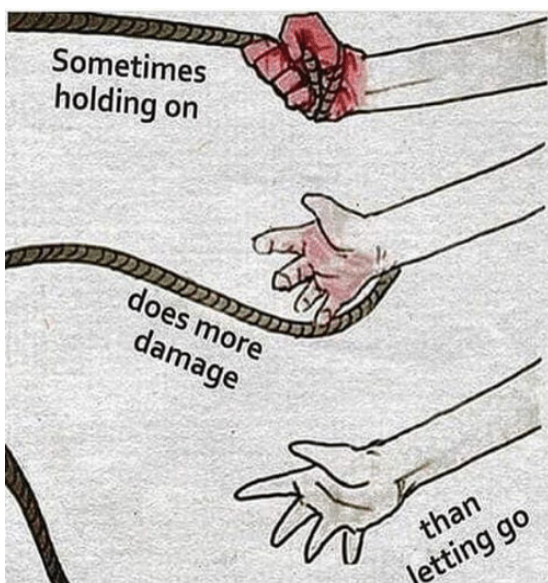
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RESILIENT PARENTING

How to Support Children When They are Frustrated

- **Keep calm...**try not to mirror their frustration in your voice or behavior
- **Seek out opportunities to challenge them...**look for opportunities that are just beyond your child's capabilities to encourage growth and build self-esteem
- **Find ways to help your child learn the important skill of delayed gratification.** Maybe every chore doesn't come with a 'reward'.
- **Encourage independence.** Assign age-appropriate chores or ways a child can contribute to the household.
- **Foster effective communication.** How we speak to our children is how they will learn to communicate. Teach that being frustrated sometimes is part of life but screaming and hitting is not appropriate behavior to get ones needs met.
- **Stick to a routine, but also model how to respond to unexpected changes.** Things come-up unexpectedly. How you respond to change will teach your children how to respond. It's important to teach both, how to keep to a schedule, but also how to 'rally' when something comes up.
- **Be a role model.** Your child/children are little sponges and keep such a close eye on us parents. Be honest with your child. If they have misbehaved, speak to them about their behavior and how it is upsetting to you and their siblings. Model how to make amends.

QUOTES





MCEDV.

The Maine Coalition
to End Domestic Violence

Help is just a call away.

24 Hour • Toll Free • Confidential

1-866-834-HELP (4357)

Maine Telecommunications Relay Service:

1-800-437-1220

MCEDV MEMBERS:

AROOSTOOK

Hope and Justice Project

PENOBSCOT & PISCATAQUIS

Partners for Peace

KENNEBEC & SOMERSET

Family Violence Project

HANCOCK & WASHINGTON

Next Step Domestic Violence Project

ANDROSCOGGIN, FRANKLIN & OXFORD

Safe Voices

KNOX, LINCOLN, SAGadahoc & WALDO

New Hope for Women

CUMBERLAND

Through These Doors

YORK

Caring Unlimited

CULTURALLY SPECIFIC SERVICES

Immigrant Resource Center of Maine



mcedv.org

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MCEdV MEMBERS

Aroostook County
Hope and Justice Project
www.hopeandjusticeproject.org
P.O. Box 148, Presque Isle, ME 04769
Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties
Partners for Peace
www.partnersforpeace.org
P.O. Box 653, Bangor, ME 04402
Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties
Family Violence Project
www.familyviolenceproject.org
P.O. Box 304, Augusta, ME 04332
Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County
Through These Doors
www.familycrisis.org
P.O. Box 704, Portland, ME 04104
Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties
Next Step Domestic Violence Project
www.nextstepdvproject.org
P.O. Box 1466, Ellsworth, ME 04605
Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties
Safe Voices
www.safevoices.org
P.O. Box 713, Auburn, ME 04212
Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties
New Hope for Women
www.newhopeforwomen.org
P.O. Box A, Rockland, ME 04841-0733
Admin: 207-594-2128 Helpline: 1-800-522-3304

York County
Caring Unlimited
www.caring-unlimited.org
P.O. Box 590, Sanford, ME 04073
Admin: 207-490-3227 Helpline: 1-800-239-7298

Serving Refugee and Immigrant Communities
Through Culturally and Linguistically Sensitive Services
Immigrant Resource Center of Maine
www.ircofmaine.org
PO Box 397 Lewiston, ME 04243
207-753-0061



Member Programs of the Wabanaki Women's Coalition

Tribal Domestic & Sexual Violence Coalition
www.wabanakiwomenscoalition.org

**Aroostook Band of Micmacs
Domestic & Sexual Violence Advocacy Center**
www.micmac-nsn.gov
7 Northern Rd., Presque Isle, ME 04769
Admin: 207-760-0570 Hotline: 207-551-3639

**Houlton Band of Maliseets
Domestic & Sexual Violence Advocacy Center**
www.maliseets.com
690 Foxcroft Rd., Houlton, ME 04730
Admin: 207-532-3000 Hotline: 207-532-6401

**Pleasant Point Passamaquoddy
Peaceful Relations Domestic & Sexual
Violence Advocacy Center**
www.wabanaki.com
P.O. Box 343, Perry, ME 04467
Admin: 207-853-0092 Hotline: 1-877-853-2613

**Penobscot Indian Nation
Domestic & Sexual Violence Advocacy Center**
www.penobscotnation.org
2 Down St., Indian Island ME, 04468
Admin: 207-817-3164 x2 Hotline: 207-631-4886

**Indian Township Passamaquoddy
Domestic & Sexual Violence Advocacy Center**
P.O. Box 301, Princeton, ME 04668
Admin: 207-796-6106 Hotline: 207-214-1917



The Maine Coalition
to End Domestic Violence

Connecting people,
creating frameworks for change.
mcedv.org