

Especially for Adoptive Parents  
and Relative Caregivers



## Family Support Services OF NORTH FLORIDA INC.

SERVING DUVAL AND NASSAU COUNTIES

MARCH | 2008

### News Briefs

#### Awards luncheon date set

The eighth annual Scholarship Awards Luncheon will be held from 11:30 a.m. to 3 p.m. Saturday,

April 19 at Evangel Temple, 5755 Ramona Blvd.

Children on the A-B Honor Roll, those with perfect attendance, good citizenship or improved academic performance during this school year should attend. Children who don't qualify for an award are also encouraged to attend.

To participate, please send a copy of the child's most recent report card to: Awards Luncheon NE Florida Foster/Adoptive Parent Assn., 11766 Tumbleweed Way, Jacksonville, FL 32218

Also, please send in nominations for the 2008 Lillie Blackshear Scholarship Award, which is a \$75 award presented to a child who has turned adversity into positive academic progress.

Please respond by March 30 to (904) 751-9611 by March 30 with the number of adults and children attending the luncheon.

#### Road trip to Tallahassee set

Family Support Services is again chartering buses to Children's Day/Family Advocacy in Tallahassee on April 1. Please call Dee Wilson, (904) 343-4026; Lillie Blackshear, (904) 502-7932, or Carlese Floyd, (904) 548-4850 ext. 3510 for details and to reserve your spot.

Departure time is 5:30 a.m. There are many activities planned for this event, in addition to a meet and greet with state legislators.

If you would like to submit a story idea, calendar item or ask Jim Adams, FSS CEO, a question, please email [mary.hurst@fssnf.org](mailto:mary.hurst@fssnf.org).

#### Free health clinic offered

The Jacksonville Area Sexual Minority Youth Network (JASMYN), in partnership with the University of Florida Pediatrics, Shands Rainbow Center for Women and Children, and the Duval County Health Department, offers a free STD/HIV Health Clinic.

Clinic services and STD treatment are available at no cost to youth aged 13-23. The clinic is offered twice monthly. The next scheduled clinic dates are from 4 p.m. to 6 p.m. Friday, Feb. 29; 5 p.m. to 7 p.m. Thursday, March 13; and 4 p.m. to 6 p.m. Friday, March 28. For more information, call (904) 389-3857, ext. 208 or 203.

#### Free antibiotics at Publix

The following antibiotics are offered at no charge with a doctor's prescription by Publix pharmacies: Amoxicillin, Cephalexin, Sulfamethaxazole/Trimethoprim (SMZ-TPM); Ciprofloxacin (excluding ciprofloxacin XR); Penicillin VK; Ampicillin; and Erythromycin (excluding Ery-Tab; and Doxycycline Hydrate (capsules only).

#### New partner in licensing

Daniel Memorial is now recruiting new foster homes in zip codes 32208, 32209 and 32210, through an agreement with Family Support Services. For more information, call Harry Williams at (904) 296-1055 ext. 2332.

#### Foster Parent meetings

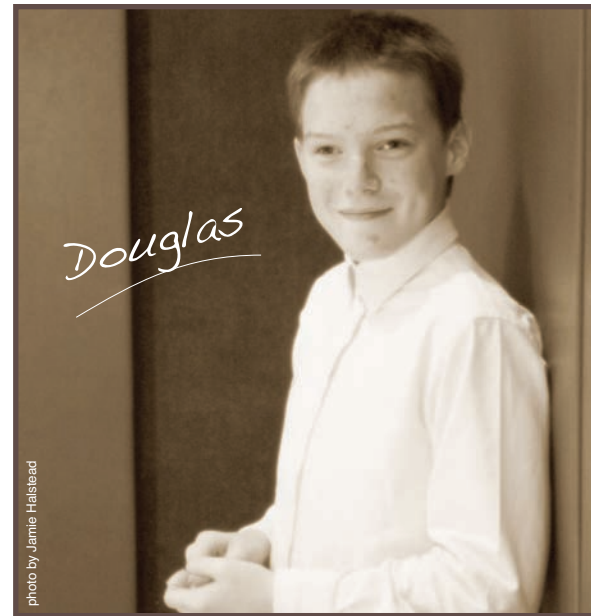
The Northeast Florida Foster and Adoptive Parents Assn. will meet at 6:30 p.m. Monday, March 10 at the Northwest Branch Library, 1755 W. Edgewood Ave.

The Greater Jacksonville Foster and Adoptive Parents Assn. will meet at 6:30 p.m. Thursday, March 27 at St. Johns Presbyterian Church at 4275 Herschel St.

#### Relative care givers in Nassau County get respite

Family Support Services (FSS) is beginning a pilot program March 1 to provide babysitting to relative care givers in Nassau County for up to four hours at a time.

The program's purpose is to give relative care givers respite—time to go grocery shopping, run errands or go out to dinner. Requests for babysitting must be made a week in advance by calling Marionette Mack at (904) 548-4850 Ext. 3517.



Douglas

Getting adopted means everything to 16-year-old Douglas. He's determined to get the stable home environment he deserves. Separated from his sisters and having overcome tremendous hardships and abuse, he still has hope in finding a forever family.

Douglas likes being dressed to impress and enjoys shooting hoops. If there's room in your heart and home for Douglas, call FSS at (904) 421-5800.

## Bullying Prevention Tip for Parents

*The Prevent Child Abuse New York has published tips for Bullying Prevention.*

### **If your child is bullying:**

Know the warning signs. Children who bully may disrespect authority and people who are different from them, enjoy putting others down, disregard rules, need to have power over others, or joke about violent acts or enjoy violence.

Talk to your child and ask what they are trying to do; ask them how they think the other person feels, and ask what they could do differently next time. Make sure they know you love them—it's the bullying you don't like.

Focus on what you can do to help your child learn positive behavior. Make it clear that bullying is wrong. Set clear, nonviolent consequences for future incidents and discuss the situation with your child's teacher. Work with the school to help change your child's behavior.

### **If your child is being bullied:**

A child who is being bullied may seem quiet or depressed; have bruises or other injuries; come home with missing or damaged belongings; and/or may lose interest or do poorly in school. Ask your child directly if he's being bullied.

- Be supportive, show concern and tell him the bullying is not his fault.
- Talk to the school about the situation.
- Figure out simple responses to the bully's taunts.
- Suggest that your child say "Okay, you're right," and walk away.
- Encourage him to stay away from the bully and leave valuables at home.
- Encourage activities and friendships with other kids.
- Encourage him to look assertive and confident by standing up straight, using a clear voice, and making eye contact.
- Tell your child to speak up so the bully knows he can't get by with the behavior.



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OF NORTH FLORIDA INC.

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**Reminder:** Foster and adoptive parents can get help with 2007 IRS forms at various Florida Department of Children and Families locations around the county. For information, call (904) 723-2044.



The 2008 Heart Gallery of Jacksonville is ready to touch your heart through compelling professional portraits of our community's children. The Heart Gallery is a unique, artistic exhibit that introduces you to Jacksonville's children who are anxiously waiting and looking for families to nurture, love and care for them.



Visit the 2008 Heart Gallery of Jacksonville online at [www.heartgalleryjax.org](http://www.heartgalleryjax.org). Please see the Event listings for Heart Gallery exhibit dates and locations.

*"Open Your Heart to a Child," a Let's Talk Adoption event, sponsored by Family Support Services of North Florida (FSS) was held last month in Nassau County.*

The event provided information on how to adopt a child and how to become a foster parent. Representatives from FSS and other child welfare agencies, Guardian ad Litem, adoption attorneys, foster parent associations and circuit court judges who preside in family court, were on hand to answer questions and pass out information.