



# MENTAL WELLNESS MATTERS

## A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

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Hello,

STRIDE works with every Door County school district to offer education on ACEs (Adverse Childhood Experiences) & their impact on learning, behavior, & brain development.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we cannot remove all barriers, we can work to strengthen our families & communities. by bringing a trauma-informed approach to our daily work with youth.

Better Together,  
The STRIDE Team  
[www.stridecreativcdc.com](http://www.stridecreativcdc.com)



### UPCOMING EVENTS

Volunteer Fair:

- Monday November 6, 3:00-6:00 pm
- Visit the Door County Volunteer Fair to explore local volunteer opportunities.
- Door County YMCA (Sturgeon Bay location)
- For more information contact Kelly at (920) 746-9645 or [kelly@unitedwaydc.com](mailto:kelly@unitedwaydc.com)

Escape Room Family Night:

- Friday November 17, 4:00-8:30 pm
- Free, Family-friendly, and FUN!
- Door County YMCA (Sturgeon Bay location)
- RSVP Required.

sign up here!



## Mindset Is Everything



Have you ever heard the phrase "attitude is everything"? Well, there is certainly some truth to that. We all have good days, bad days, & those in between. But did you know that you truly hold the power to change your thinking? It is true! A growth mindset is believing that failure is a learning experience, you can learn new abilities to succeed, and you can improve with practice.



Podcasts are an excellent way to have your kids LEARN while being entertained. So check out some of the podcast below that explores growth mindset and character building!



**Kids** PEACE OUT  
DREAM BIG  
THE BIG LIFE KIDS PODCAST  
CIRCLE ROUND

MENTALMUSIC  
THE BIG LIFE KIDS  
TEDTALKS KIDS+FAMILY  
MOSTLY MINDFUL FOR TEENS & TWEENS  
THE TEEN LIFE COACH

