A Word from our Executive Director

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Executive Director

As the Holiday Season is upon us, we are often reminded of the important things in our lives, especially those we are grateful for. During this pandemic it can be hard to stay in touch with those we value, or we forget just how important they have been to us. I was reminded of that this week when I received a call from someone I had not spoken to in several months. It was an unexpected call, and it came at just the right moment. I realized how important it is to stay connected to those that you love and appreciate.

As the pandemic continues to present us with challenges with staying connected, remind yourself to take a break from the many competing urgencies of your day and check in on someone that you haven't spoken to in a while. Check ins are very valuable because they help to sustain people's bonds with others, and they enhance the feeling of connectiveness. The feeling of isolation can be ever present during this time, so this holiday season choose to make someone's day a bit brighter by checking in. I wish everyone a happy and safe holiday season and hope that the new year brings us a little closer to overcoming this pandemic. Happy Holidays!

Preparing for the Holidays During COVID-19

The holidays are in full swing and families everywhere are struggling to keep holiday traditions alive and make plans during the pandemic. Youth who struggle with a mental health condition may have an even more difficult time coping with the uncertainty and change in plans this holiday season. For youth and families who are struggling to cope, PCE is dedicated to assisting youth and families with resources they may need. Below are some helpful ways to help you cope with all the changes during this holiday season

- Identify how you're feeling
- Acknowledge what you've lost
- Make the most of it
- Don't romanticize your typical holiday plans
- Practice gratitude

**For more information, or to take an online screening tool, click here!**

PCE Gives Back

Every year, PCE works with the community to help ensure the youth and families we work with have what they need to help celebrate Thanksgiving - and this year was no different! PCE would like to thank the dedicated Essex County community and PCE staff who donated nonperishable food items so families in Essex County could enjoy a Thanksgiving meal with their loved ones! Volunteers from PCE staff spent the week before Thanksgiving delivering the items to our families.

Although the holiday season looks very different this year, PCE will still be able to spread holiday cheer to PCE families with the collaboration of our community partners. We would like thank our community partners for their generous donation of toys for PCE Youth!

PCE Can Help
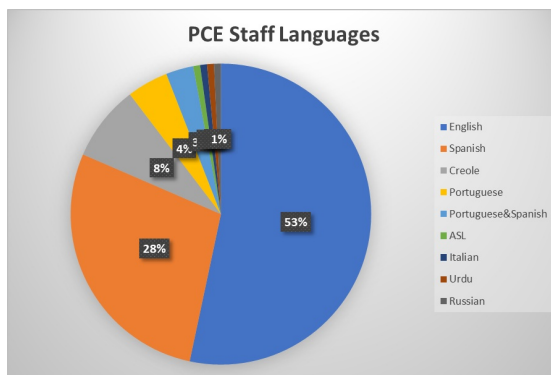
We know that during a crisis, having someone who understands you is vital. PCE strives to ensure our staff are just as diverse as the wonderful families we serve throughout Essex County! Our staff speak 7 other languages in addition to English and utilize a language line, making sure that when you are at your most vulnerable, you feel heard.

Here's What Families Are Saying About PCE

"My experience working with the agency has been pleasurable and I feel that my child has made an overall improvement as a result of the care management services. Not only has my child benefitted from the services but my complete family. I am very grateful for the help"

CAREGIVER OF PCE YOUTH

HAS YOUR CHILD BEEN STRUGGLING AT HOME, IN SCHOOL, OR IN THE COMMUNITY
IN ANY OF THE FOLLOWING AREAS:

- EMOTIONAL/BEHAVIORAL HEALTH NEEDS
- DEVELOPMENTAL/INTELLECTUAL DISABILITIES
- SUBSTANCE USE/ABUSE
- HIGH RISK BEHAVIORS

PCE PROVIDES CARE COORDINATION AND COMMUNITY BASED SERVICES TO ADDRESS THE NEEDS OF YOUR CHILD BETWEEN THE AGES OF 5-21

Visit us at **www.pcenj.org** or call **973-323-3000**

Press option 5 to speak to a PCE representative

For immediate crisis assistance, contact PerformCare at 1-877-652-7624

PCE
Planting Seeds Of Change

PARTNERSHIP FOR CHILDREN OF ESSEX

Visit our Website