



**YOUNG HORIZONS
CHILD DEVELOPMENT CENTERS**
501 Atlantic Avenue
Long Beach, CA 90802

Address Service Requested

Our mission is to provide quality childcare and preschool programs in a caring, loving and learning environment.



To our friend (s):

SAVE THE DATE 9.20.24
THE GRAND EVENT CENTER, 5:30 - 7:30PM
BUSINESS CASUAL, OR WEAR YOUR FAVORITE FIESTA ATTIRE

Young Horizons is a non-profit 501 (c)(3) organization serving children in Long Beach. Donations are tax deductible to the limit allowed by law.

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Serving 340 children in five Long Beach locations

Kohn Center/Main Office
501 Atlantic Ave.

Central Pacific Center
1840 Pacific Ave.

Grisham Center
11 A W. 49th St.

North Pacific Center
2418 Pacific Ave.

Ludloff Center
2650 Pacific Ave.

License #198000638

Young Horizons is an equal opportunity provider and employer

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www.younghorizons.org



PROUD MEMBER OF:



GRISHAM PLAYGROUND

The children at our Grisham Center were thrilled and delighted as they ran out onto their newly renovated playground at the ribbon cutting ceremony held in late April. Funding was provided by the Department of Education and Department of Social Services to completely renovate the play space. A new structure with multiple slides, a climbing wall and fun features was installed on the preschool playground. The old rubber matting was replaced with beautiful, lush turf for the infant, toddler and preschool play areas. The beautiful playground will provide many hours of fun and active play for years to come.



CHILDREN VISIT CENTENNIAL FARM

The learning theme for May is World of Animals. To augment the learning in the classroom, the children were able to take a field trip – the first since the pandemic! – to Centennial Farm. Children were excited to ride on the bus and visit this real farm. Centennial Farm is a three-acre working farm at OC Fair & Event Center. It was created to educate youth about agriculture and its importance to daily life. Centennial Farm is home to fruit and vegetable gardens, livestock, and the Millennium Barn.

Children enjoyed seeing the pigs, chicken, and cows, among other animals. We ended the day with a delicious picnic lunch and drove back to the center ready for a nap.



EXECUTIVE DIRECTOR MESSAGE

Celebrating 55 Years

Young Horizons turns 55 this year. Fifty-five years of serving our community and making a difference in the lives of children and families that need us. Our founders, Dr. Gerhard and Irena Kohn dreamed of a place where children were safe, happy, and learning. They poured out their time, energy, skills, talents, and finances to create a high-quality program for the children in our community.

Our founders knew that a child's early years have a social, emotional, and physical impact on their entire life. When children have positive experiences and healthy environments, they are set on a strong path to success. The experiences children have early in life play a crucial role in brain development. Positive factors, especially stable and responsive relationships with parents and adults, and safe and supportive environments promote positive development.

Our mission has been to keep their dream alive and continue providing high-quality services to every child in our program. We will continue to serve the children and honor our founders' work with the same passion and determination with which they began this work so many years ago.



In Service,

Sarah M. Soriano
Executive Director



MENTAL HEALTH AWARENESS MONTH

In honor of Mental Health Awareness Month this May, we asked our Mental Health Consultant, Stephanie Bobadilla, to share her thoughts on how to support mental health for adults.

How Do We Cope?

Each day, so many of us struggle with juggling heavy workloads, family obligations, maintaining relationships, and trying to squeeze in interests and hobbies. Other factors impact us: violent events that we hear about on the news, constant email, and social media notifications, as well as challenging economic conditions and rise in cost of living.

We try to keep up and “get it all done” at work and at home and we do not realize that as our stress increases, our quality of life goes down. Stress disrupts our focus, makes us irritable and depressed and can cause a strain on personal and professional relationships. Too much stress also weakens our immune system, makes us prone to illness and can increase the risk of heart attacks. It is not surprising that over a quarter of Americans identify themselves as “super stressed,” this is neither sustainable nor healthy. What can you do when the world is weighing down on you?

The key to managing stress is in determining what is within our control and building on your coping skills. When we work towards having a healthy work/life balance, we can see a positive shift in our mood and be more productive and present in our life where it matters the most.

Here are some coping strategies that can help us manage stress and create balance in our lives:

- Address your basic needs – Eat a healthy snack, drink a glass of water, take a nap or shower. Start small to build habits.
- Find your support system – Family, friends, online support groups or community spaces, therapy/counseling. Seek out groups where you have similar interests that can offer comfort and connection, such as a book club, running group, crafting class or spiritual community.
- Add mood boosters – Play with a pet, watch a movie you loved when you were younger, reorganize your room, go for a walk, increase time spent in the sunlight (with proper sun protection).
- Make a gratitude list – Reflecting on things you are thankful for can help you change your mindset.
- Set limits around social media – Avoid doomscrolling, especially content where you may find yourself comparing yourselves to others, or content about the troubles of the world. Aim for no more than 30 minutes of social media per day.
- Implement hobbies/stress relievers – Try a craft project, color, paint, or draw (invite a friend for added fun); get active with dancing, running, or weightlifting; get a plant and start a garden, write in a journal, go for a walk.
- Try different relaxation exercises – Unplug and disconnect from your phone and other electronics for 30 minutes to an hour; practice a mindful minute by setting a timer for 60-90 seconds, place one hand over your chest and another on your belly and breathe at a normal pace, focusing on the feeling of your chest and belly rising at each breath, repeat 3-5 times for full benefit.
- Create a positive memory with a child – Remember fun or learning experiences you had when you were a child? Create a memory for both you and a child in a natural, meaningful, and fun way. Make a creative craft, write a fun story, go on a nature walk, or cook a meal together. These activities can create a strong bond and teach the child independence while creating a positive memory for both of you that can last a lifetime. Entering the world of a child can help relieve stress and change your mood.

For more information and resources, including a mental health test, visit <https://mhascreening.org>. If you or someone around you is struggling or in crisis, help is available. Call or text 988 or chat at <https://988lifeline.org>. You can also reach the Crisis Text Line by texting “HELLO” to 741741.

With resources from:

<https://screening.mhanational.org/content/how-can-i-achieve-better-work-life-balance/>

Join Young Horizons in marking 55 years of serving the Long Beach community by donating \$55, \$155, or \$255 to Young Horizons.

Make a direct impact on these young minds and ensure they have the tools to succeed both in preschool and beyond. Your support is crucial in shaping the next generation of learners.



SCAN QR to donate or visit:
younghorizons.org/donate



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EVENT CALENDAR

May 27
Centers Closed
for Memorial Day

June 1
Family Picnic at Recreation
Park 10am-2pm

July 4
Centers Closed
for Independence Day

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Are you a compassionate, enthusiastic
educator with a passion for shaping young
minds? Young Horizons is on the lookout for
talented teachers to join our dynamic team.

Call for more information 562-437-8991 or
visit www.young Horizons.org/employment

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Please email us at info@younghorizons.org if you prefer to connect electronically.