



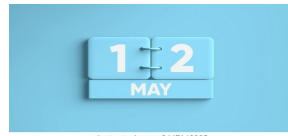
# THE KINSHIP NAVIGATOR PROGRAM NEWSLETTER

An Official Newsletter of Lifeline, Inc.



Getting time alone as a (Kinship) mom is not always easy – even the bathroom is fair game if you have little ones. And while home-made macaroni necklaces and crowded brunches are all well and good (it’s the thought that counts, right?), sometimes all you really want is some time alone. Consider leaving a little room in your day to treat yourself. You deserve it!

## 5 Ways to Get Alone Time



Here’s how moms can indulge in a little self-care and get a little time to themselves:

**1. Pamper yourself:** If you are like most moms, your days of regular visits to the salon are long gone. You are lucky if you can squeeze in a shower amidst the daily commotion. Send the kids packing and pamper yourself. Schedule a manicure, facial, pedicure, or massage. Let someone pamper YOU while you sit back and relax. If you want to make it fun, meet up with some other mom friends for some adult conversation. If money is tight, simply lock the bathroom door and have an in-home spa day. Light some candles, fill up the tub, whip up a DIY facial mask. A little self-care can go a long way in helping you to feel good.

**2. Reconnect with your old hobbies:** As a mom, things need to get done. Your days are most likely scheduled and filled with to-do lists. Pick a day to reconnect with your passions. Go for a hike, take a shopping trip, attend a yoga class, reconnect with old friends, dust off those ancient roller skates. When you do things that make you happy, you are recharging yourself, benefiting not only yourself, but the entire family.

**3. Rest:** Rest may seem like a foreign concept to you. Even when you miraculously do find the time for a nap, there are a host of chores that need completing instead. Often times, the greatest gift you can give yourself is sleep. Schedule yourself a sweet, simple, uninterrupted nap. Alone! Not in the mood for some shut eye? Try popping in your favorite movie, cracking a book, or writing in a journal.

**4. Indulge:** Go ahead—indulge! Eat that piece of chocolate cake you have been craving all week. Treat yourself to some flowers to brighten your mood. You don’t need to spend a lot of money, but make sure the treat is just for you. You are worth it and you have most certainly earned it. Indulging in the little things that make you happy can make a huge impact on your mental state.

**5. Hit the town (sans kids):** Just because you don’t want to trek your kids out to brunch, doesn’t mean you have to skip it altogether. Have someone cook for you! Stop by your favorite restaurant and enjoy a meal, and maybe even a cocktail all by yourself. Or take your own mom and have brunch together. Haven’t seen a non G-rated movie on the big screen in eons? Go ahead and catch that romantic comedy you’ve wanted to see. You can also go for a quiet drive to the mountains, or visit a botanical garden, wildlife refuge, or your favorite beauty supply store — alone. Take the scenic route, roll down the windows and go ahead — crank up the radio and sing out loud!

<https://www.farmersalmanac.com/alone-time-mom>

### Kinship Support Dates to Remember

Weekly:  
**TUESDAYS**—KCC Virtual Support Group  
 11:30 a.m.  
**THURSDAYS**—KCC Virtual Support Group  
 6:30 p.m.

Monthly:  
**OGKC Zoom Meeting**—TBA

Lifeline KNP In-person support groups:  
 May 1st at 5:00 P.M. Wickliffe Family Resource Center, 2255 Rockefeller Rd. Wickliffe OH.  
 May 23rd at 5:00 P.M. Morley Library 3rd floor. 184 Phelps St. Painesville OH.

**CONTACT:** Kinship Navigator,  
 Andrea Johnson 440-354-2148 Ext 207  
[andrea@lclifeline.org](mailto:andrea@lclifeline.org)





## Educational Service Center of the Western Reserve

The Educational Service Center of the Western Reserve (ESCWR) serves the students and staff of the local, exempted village, city school districts, and joint vocational schools in the region. The ESCWR is committed to providing innovative programming and quality services to support and promote student achievement in all aspects of our educational communities within the region and state.

### Online Learning Academy

The ESC of the Western Reserve has teamed with local school districts to provide the Online Learning Academy, an alternative on-line program. Students can gain new credits, recoup lost credits and get help from experienced teachers.

### Preschool / Early Childhood

High quality preschool is available to any child between the ages of 3-5 throughout Lake and Geauga Counties.

### SAIL/STARS

Provides educational services to school-aged students diagnosed with Autism Spectrum Disorder, in an academic environment that fosters acceptance, independence, and success.

### Page Turners Program

No cost literacy and mathematics program for grade 3 students that prepares students for Ohio's Third Grade Reading Guarantee.

### Summer Sidekicks Program

No cost literacy and mathematics summer-camp style program for grade 1-6 students.

### Family and Community Resource Center

#### No Cost Tutoring

Students from ANY school district in Lake or Geauga County, grades 4-12 can receive in-person tutoring in math.

<https://www.escwr.org>



## links to summer camps and activities.

Two games of bowling free every day for the summer at Mentor Roll House. Other locations listed. Must fill out application. <https://www.kidsbowlfree.com/>

Free Museums in Cleveland. <https://theclevelandmoms.com/10-free-museums-in-cleveland/>

Farm Park free days for Lake county residents are the first Sunday and third Tuesday of the month. Proof of residency required: <https://www.lakemetroparks.com/parks-trails/farmpark>

Best Free Things to do in Northeast Ohio Year Round: <https://northeastohiofamilyfun.com/free-fun-in-northeast-ohio/>

Ideas for fun games at home and supply lists. <https://thekrazycouponlady.com/tips/family/kids-summer-bucket-list>

114 free activity ideas for summer. <https://www.thepennyhoarder.com/save-money/free-summer-activities/>

### There are fees for the following:

Lake County YMCA. There is a financial hardship application that is an available on the home page if needed. <https://www.lakecountyyymca.org/camp/2023-summer-day-camp/>

Lake Metroparks day camps. <https://www.lakemetroparks.com/register-reserve/day-camps/>

Painesville summer camp. <https://www.painesville.com/summercamp>



## Lake County School Districts

### Fairport Harbor Exempted Village

329 Vine Street, Fairport Hbr, 44077 (440) 354-5400  
[@fhevs.org](mailto:@fhevs.org)

### Madison Local

1956 Red Bird Rd, Madison, 44057 (440) 428-2166  
[madison-lake.k12.oh.us](mailto:madison-lake.k12.oh.us)

### Painesville City Local

58 Jefferson St, Painesville, 44077 (440) 392-5060  
[pcls.net](http://pcls.net)

### Riverside Local

585 Riverside Dr, Painesville, 44077 (440) 352-0668  
[riversidelocalschools.com](http://riversidelocalschools.com)

### Willoughby-Eastlake City

35353 Curtis Blvd., Eastlake, 44095 (440) 946-5000  
[weschools.org](http://weschools.org)

### Kirtland Local

9252 Chillicothe Rd, Kirtland, 44094 (440) 256-3311  
[kirtlandschools.org](http://kirtlandschools.org)

### Mentor Public

6451 Center Street, Mentor, 44060 (440) 255-4444  
[mentorschools.net](http://mentorschools.net)

### Wickliffe City

2221 Rockefeller Rd, Wickliffe, 44092 (440) 943-6900  
[wickliffeschools.org](http://wickliffeschools.org)

Call 211

Ask to speak  
to the Kinship Navigator

