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PCGF Accepts Grant Applications

PCGF is offering grants to support programs that encourage social and emotional learning (SEL) for youth through education and mentorship initiatives.

SEL skills are based on five strategies:

- self-awareness
- self-management
- social awareness
- relationship skills
- responsible decision-making.

Developing social and emotional skills will enable children and youth to set goals, show empathy, establish positive relationships and make

responsible decisions.

Long-term goals of social and emotional development:

- encourage completion of high school
- increase self-confidence
- develop interest in and explore career opportunities
- connect with role models
- learn life and work-ready skills that might not otherwise be available.

The tangible and intangible skills children and youth develop through social and emotional growth will help them thrive throughout their lives. ■



Foundation Offers Gratitude Journals

PCGF has purchased and modified a quantity of gratitude journals that are designed to help youth develop interpersonal skills as they face the challenges of growing up. The journal's introductory message acknowledges that we all face challenges and encourages them to focus on the positive aspects of their lives regardless of their circumstances. The journals are being distributed free of charge to our community partners.

Thanks to **Sister Janice Vanderneck** for providing the Spanish translation and to **Move Forward Counseling** for the idea. ■

Grant applications will be accepted through **October 11, 2024**.
 Visit www.PittsburghChildGuidanceFoundation.org
 for more information or
 Email info@pcgf.org or call 412.434.1665.

Free Dental, Hearing, Vision Clinic

For four years, Mission of Mercy has partnered with hundreds of healthcare professionals and community volunteers for A Call to Care, two days of free services to those in need. The dental, hearing,

and vision clinic will be held on **Friday, November 1,** and **Saturday, November 2.**

For details on volunteering or becoming a patient, visit mompgh.org. ■

PITTSBURGH CHILD GUIDANCE FOUNDATION 2024 BOARD OF TRUSTEES

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Back to School Mental Wellness Tips

Returning to school can be an exciting or a challenging time. These tips can help the young person in your life experience an easier transition:

- Follow a routine
- Practice self-care
- Get moving and get outside
- Practice time management
- Reach out when you need help
- Find healthy ways to manage stress
- Limit exposure to news
- Watch for signs of trouble.

Mark Your Calendars



- **Tuesday, September 17**
4:30 to 6 pm
Board Meeting
- **Thursday, September 19**
11:30 am to 1:30 pm
PACE's Annual Inclusive Voice Luncheon, Wyndham Grand Hotel (ticket required)
- **Friday, October 11**
Deadline to apply for 2024 grants
- **Friday, November 1, and Saturday, November 2**
A Call to Care - Free Dental, Hearing, Vision Clinic
- **Tuesday, November 12**
4:30 to 6 pm
Board and Annual Meeting



Pictured at SHIM's summer camp from left to right are PCGF Executive Director **Pam Golden**; SHIM Executive Director **Jim Guffey**; SHIM Camp Director **Ashley Abbey**; SHIM Director of Development & Communications **Seth Dubin**; and PCGF Board of Trustees President **Paul Spradley**.

PCGF Site Visits

Thanks to the many organizations that welcomed PCGF Executive Director Pam Golden and Board President Paul Spradley for tours and project updates in recent months.

To date, those organizations have included:

- Big Brothers Big Sisters
- Brookline Teen Outreach Center
- Familylinks Downtown Outreach Center
- Jubilee Association
- Serenity Living Transitional Home
- South Hills Interfaith Movement (SHIM)
- The Children's Home
- United Way of Southwestern PA
- Westinghouse Academy

Thanks to:

- NAMI, sponsor of the third annual Black Mental Health Summit
- Program to Aid Citizen Enterprise for the Yakety-Yak Presentations by their Capacity Building Program Participants for the opportunity to participate in these events. ■

Transitions

PCGF mourns the passing of two individuals who supported the Foundation's mission. The PCGF staff and Board extend condolences to the families of Tom Hollander and Chad Dorn.

During his nine years as a PCGF Board member, attorney **Tom Hollander** leveraged his legal expertise to make invaluable contributions to the Foundation's efforts to change policies and practices affecting people who are incarcerated. Tom was at the forefront of civil rights issues and

acted as a fierce advocate for those disenfranchised and wrongfully hurt, injured, or discriminated against.

Chad Dorn, a former employee of the Pittsburgh Association for the Education of Young Children (better known as PAEYC and now known as Trying Together), was a valued partner who collaborated with the Foundation to advocate for and ensure that families have the resources they need to support their children's early childhood experiences. ■

Online Safety Tips

Staying safe while online has never been more important. Online fraud has become a global, multibillion dollar business. This summer, East End Cooperative Ministry campers learned about the importance of staying safe while online from FBI Pittsburgh Community Outreach Specialist **Felicia Trovato**. ■



FBI Pittsburgh Community Outreach Specialist Felicia Trovato conducts an online safety seminar for East End Cooperative Ministry's summer campers. Ms. Trovato is available to schedule free presentations for people of all ages regarding online safety and how to avoid fraud. She can be reached at fatrovato@fbi.gov.

Don't Get Scammed

Remember the adage: If it seems too good to be true, it probably is.

The FBI provides the following tips:

- **Never** click unsolicited links texted or emailed to you
- **Never** send personal information to anyone
- **Never** give anyone you don't know remote control of your computer
- **Never** engage online with people you haven't met in person
- **Call 1-800-CALLFBI** to report a crime
- **Call 911** (the Police) if you believe you are in danger

988 Lifeline

The 988 Suicide & Crisis Lifeline can help those in distress by providing free, 24/7, confidential support and crisis resources. The 988 Lifeline provides immediate crisis counseling when it is needed the most. To get help, call or text "988" or chat at 988lifeline.org.

Kudos to



Maggie Johnson Richardson, was recently named President and CEO of Program to Aid Citizen Enterprise. She brings to the role more than 20 years of experience in nonprofit management with a particular focus on revenue generation through fundraising and marketing. ■