



BAN Mini Notes



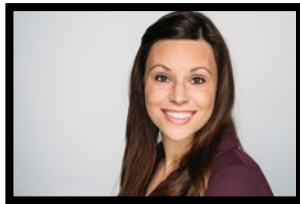
February 2018

www.baneighbors.org



Practical Parenting Tips

Tuesday, February 27, 2018 - Broken Arrow Library - 5:30 – 6:30



Presenter: Abby Simpson, LPC
Legacy Counseling Service
www.legacycounselingservices.com



In this workshop you will learn about **3 Types of Parenting** and

5 Practical Tips:

- Don't let your emotions control your parenting
- Give reasonable and consistent consequences
- Teach your child how to behave
- Give positive reinforcement for positive behavior
- Play with your child

Attendees can register for door prize drawing - \$25 Reasor's Gift Card

This workshop is free to everyone. Please RSVP so we can ensure seating for everyone.

RSVP to Sherri – 918.505.7422 or skindley@baneighbors.org

Outreach Services

You may wonder what “outreach” means in terms of the services BAN provides. BAN offers food services to three low-income apartments for seniors, one apartment for individuals with special needs, and one apartment for low-income individuals and families. Once each month, BAN prepares bags of food items and delivers them to our three senior apartment complexes. Individuals are also welcome and encouraged to come to our site to visit our client choice food pantry, but many of these individuals face health or transportation issues which limits their ability to come to us. Therefore, we deliver to them.



This is a wonderful way to interact with these residents, and they enjoy seeing the new faces who come to visit them. Delivering food bags to residents is also a great way for a group or business to engage in a community service project. Contact Megan (918.505.7420 / mwilhite@baneighbors.org) if you'd like to become a part of this worthwhile outreach opportunity.

We thank the students from the Broken Arrow Home School Service Club for putting together our February outreach bags.

