

# THE BAREFOOT COUNSELOR & HEALING WITH ART N SOUND

AUGUST 2024

## NEWSLETTER



## WELCOME

As the kids head back to school this August, it's the perfect opportunity for parents to carve out some much-needed "me time." With the bustling schedule of school runs, homework help, and after-school activities, it's essential to remember to pause and rejuvenate. Whether it's picking up that book you've been meaning to read, attending a fitness class, or simply enjoying a quiet cup of coffee, taking time for yourself is vital for maintaining balance and well-being. Use this back-to-school season as a chance to reset and prioritize your health and happiness, ensuring you're at your best not just for your family, but for yourself too.

## ART N SOUND SCHEDULE

### August Schedule

Click on the link to register.

*Sound Bath* will be held.

August 15

August 22

August 29

All sessions are 1 hour long, starting promptly at 7 pm at \$30

*Drum Circles* will be held.

August 25

All sessions are 1 hour long on the front lawn, starting at 4 pm at \$30

*Wellness Workshop*

August 31

From 1 to 5 pm

\$80



CALL/TEXT

770.624.3556

TO HOLD YOUR SPOT

## HEALING WITH ART N SOUND

July was a busy month filled with meetings, planning sessions, and roundtable discussions. We successfully confirmed our board members, who will be featured in our upcoming September newsletter. Our President, Lei Rhyne, participated in Coweta Foundation's Grant Webinar and Launch and Learn Workshop alongside her son and Program Coordinator, Hayden Rhyne. Ms. Rhyne also completed a Level 1 Integrative Somatic Parts Work and taught a class on homophobia at the University of the Cumberland, where she is pursuing her doctorate degree. Art n Sound generously provided two workshops valued at \$800 to Campen Estate Planning and The Southside Support Expo, benefiting 10 individuals. Furthermore, we had a table at the expo where we connected with caregivers and shared information about our services. As a parent of children facing challenges, Ms. Rhyne understands the importance of caregivers having a space for relaxation, stress relief, and self-care, which is the core purpose of Art N Sound. We established promising connections with various businesses and groups, paving the way for future collaborations to enhance community services. We are grateful for the support from our community and express our appreciation to the Coweta Community Foundation for their invaluable assistance as we implement our mission for the community.



## MANAGING STRESS FOR CHILDREN GOING BACK TO SCHOOL

A good stress management strategy for children heading back to school is the establishment of a predictable routine.

Children thrive on consistency, and having a structured daily schedule can greatly alleviate anxiety about the unknowns of school. This routine should include regular times for waking up, meals, homework, and leisure activities, ensuring there's a balance between work and play.

Additionally, teaching children simple mindfulness exercises can be incredibly beneficial. Techniques such as deep breathing, guided imagery, or practicing gratitude can help children manage moments of anxiety or stress.

## DATES TO REMEMBER

August 4: National Friendship Day  
August 10: World Lion Day  
August 10: National Lazy Day  
August 12: National Middle Child Day  
August 14: National Navajo Code Talkers Day  
August 16: Hawaiian Shirt Day  
August 19: International Orangutan Day  
August 26: National Women's Equality Day

