

# Parent Talk

## DECEMBER 2025

### The Season of Giving

The holidays are a time where we all feel a little more inclined to give hope and support to others. As an organization that strives to make a difference for all families in need, we encourage our community to come together and lift others up. Below are a few ways you can give back to families in need.

#### Share Your Story

If you've experienced a mental health challenge in your family, sharing your journey with that challenge can make a world of difference for someone else struggling. Too often we're afraid to speak up because of the stigma associated with mental health issues. The only way that will change is if we are actively sharing with and supporting each other. Find ways to inspire and give hope by contributing to discussions on social media, in your local community, or within your own family.



#### Share a Resource

Connecting those in need with the right resources is often what helps them take the first step to getting the support they need. In today's digital world, resources come in so many easily shareable formats like short videos and informative graphics. [The Baker Center resource directory](#) is chock full of all types of resources for you to share that cover a wide range of concerns and topics. Pick a resource, post, and spread the word!

#### Join a Group

Connection can be hard. Sometimes we're afraid of starting a conversation or reaching out for fear of rejection. Support groups are an amazing way to connect with others who may better understand your situation and perspectives and can help share their own. If a mental health support group doesn't exist in your area, start one! Many groups and communities are formed online to break down barriers of distance and eliminate the need to travel in our busy lives. Try searching for one on social media.



#### Volunteer

Volunteering is the ultimate feel-good way of giving back. Many non-profit organizations like The Baker Center have established volunteering programs for those who want to contribute toward bettering mental health for children and families. All it takes is a quick call or email to get the ball rolling. The staff at these organizations will be able to answer any questions and provide specific ways you can volunteer your time.

### Need more help?

Resources at The Baker Center are just a click away



#### Therapy & Treatment Services

**CENTER FOR EFFECTIVE THERAPY** →



#### Special Education

**MANVILLE SCHOOL** →



#### Therapeutic Summer Camp

**CAMP BAKER** →



#### College Preparation

**NEXT STEP** →

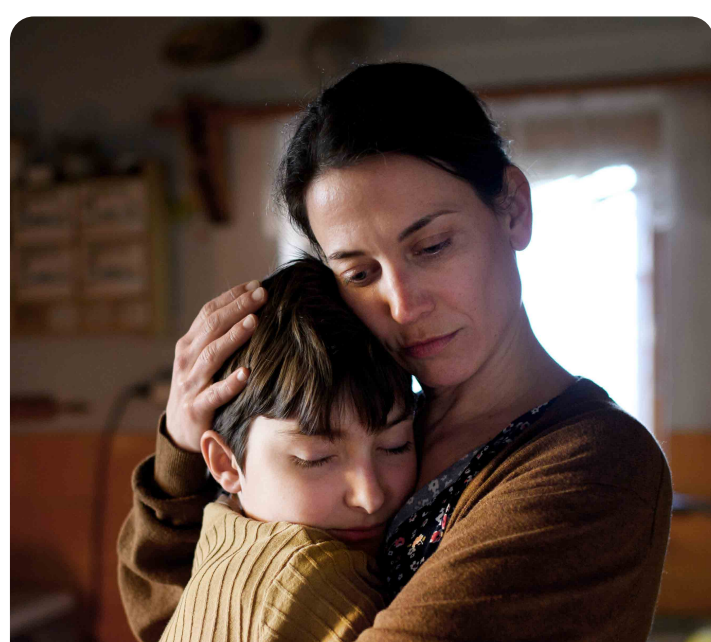
### Featured Resources



#### Managing Grief During the Holidays

In this seminar, we discuss common symptoms of grief, why grief can be particularly challenging during the holiday season, and useful skills for interacting with your grieving child and family at any time.

[LEARN MORE](#)



#### Supporting Kids in Grief During the Holidays

Holidays can be hard already, with multiple plans to manage, gifts to buy, decorations to put up, or religious celebrations to attend to. This time of year can cause stress for families, even without dealing with the loss of someone close to them. When a family is managing grief throughout the holiday season, the demands of the holidays may be overwhelming.

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#### Managing Vacation Time: Preparing for a Jolly Holiday Season with Kids

As soon as December comes around, many of us wish for a jolly holiday season full of love and family time. Even so, the holiday season brings many hidden challenges, especially when your kids have vacation days off from school and you may have more travel or extended family plans than usual. We know that this is often the busiest time of the year for families, so here are some tips that you can use to make sure your holiday season is full of cheer even when you're faced with family obstacles.

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