



APRIL 2021

BEACH CITIES LEARNING/LEARN ACADEMY

FAMILY VOLUNTEER WEEK

APRIL 18-24

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Family Volunteer Week is a week dedicated to recognizing the efforts of volunteers around the world. This week is also a great opportunity to highlight different volunteer programs and the important work that they are doing.

Volunteer service helps to build stronger communities and has a positive impact on those being served.

BE THE CHANGE

VOLUNTEER & MAKE THE DIFFERENCE



Create Care Kits for those experiencing homelessness for L.A. Works! They are in urgent need of supplies including:

- Hand sanitizer
- Soap & shampoo
- Cleansing wipes
- Socks
- Blankets
- Non-perishable snacks and bottled water



Pumpkin Letters is a teen letter writing campaign that sends art and kindness cards to elders. It was started by a Bay Area high school student at the beginning of COVID. You can join the movement from home. Write letters, draw pictures, and make cards to send to elders at hospices and assisted living homes.

STRESS AWARENESS MONTH

We all experience stress, yet we may experience it in very different ways. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms. Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, and successful coping strategies.



9 WAYS TO MANAGE STRESS



Common reactions to a stressful event can include:

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains, and stomach problems

A spiral-bound notebook with a white cover is open, showing a page with text. To the left of the notebook, there are several pink roses with green leaves. The background is a solid light pink color.

Resources

Best ways to deal with stress:

<https://www.helpguide.org/articles/stress/stress-management.htm>

<https://www.cdc.gov/violenceprevention/about/coping-with-stresstips.html>

<https://covid19.lacounty.gov/covid19-2-2/coping-with-stress/>

Volunteer Opportunities around LA:

<https://www.laworks.com/?layoutViewMode=tablet>

<https://www.pumpkinletters.com/>

<https://cleanup.earthday.org/>