

New Covenant M.B. Church

PARENTING NEWSLETTER



MARCH 2021

THE STORM IS PASSING OVER! (Covid)

This has been a very challenging season. A season of great loss of lives, health, jobs, social interaction, ability to go to school and church to gyms, theaters and restaurants. We were unable to gather with family and friends for the holidays. This has truly been a season of loss. This season was traumatic, and all of us have experienced grief on some level. If trauma and grief is not dealt with effectively, it can affect us for the rest of our lives. This is so true, especially of our children, because they do not have the tools needed to deal with so much loss.

As Christians, we think that being sad equates to not having enough faith, but the bible shows us that Jesus expressed sadness. In John 11:35, Jesus wept for the death of his beloved friend Lazarus.

It's important that we recognize what grief (depression or trauma) looks like in a child:

1. **Anger**, sometimes it looks like they are angry for no reason at all, but when a person doesn't have the words to express how they are feeling it can come out as anger.
- 2 **Depression**, not wanting to do the things that once gave them joy, or withdrawing from the family to be by themselves. Just plain sad. Laying around. Can't sleep. Can't focus on anything.
- 3 **Guilt**, feeling like everything is their fault. Crying over everything.
- 4 **Feeling abandoned**, real clingy. Saying nobody want to be bother with me or I don't have friends.

THINGS YOU CAN DO TO HELP.

Acknowledge his/her loss, also acknowledge that you also feel the loss. This will open the door for discussing loss as a family. We are all in this together, now let's plan how we will deal with it.

Journaling helps, encourage your child to write out his/her feelings, explaining that they can keep their thoughts private, while expressing how they feel.

Develop some family activities, cooking together, arts and crafts or game night. This will give your child something to look forward to, thus giving them a future focus.

Exercise really helps, YouTube has plenty of free programs.

DO NOT PUSH THE PROCESS, everybody grieves differently, and heals differently.

Trauma (grief) is real, but none of this has caught God by surprise! **Ecclesiastes says: 1** There is a time for everything, and a season for every activity under the heavens: **2** a time to be born and a time to die, a time to plant and a time to uproot, **3** a time to kill and a time to heal, a time to tear down and a time to build, **4** a time to weep and a time to laugh, a time to mourn and a time to dance.

After Covid we will dance again!

IF YOUR CHILD IS SHOWING SIGNS OF HARMING HIMSELF/HERSELF SEEK PROFESSIONAL HELP IMMEDIATELY!

Resource page

Emergency Rental Assistance Program

Applications are now open for the Cook County Emergency Rental Assistance program. It pays up to 12 months of missed rent and utilities payments and up to 3 months of future rent payments. Payments will be made directly to your landlord and utility company. Apply Online. Applications opened March 11, 2021 and will be accepted until April 2, 2021.

Chicago Assistance Programs.

Find information below on some Chicago programs. A more extensive list of both [Cook County](#) and [Lake County](#) programs are also available to people in need.

Emergency Housing Assistance Program (EHAP)

The EHAP assistance program provides grants to low-income homeowners in Chicago to help them repair roofs, heating units, and porches that are in serious disrepair. [Rent assistance](#) is also available. The EHAP program is a very effective way for low-income homeowners to get needed help with home repairs.

Legal Assistance Foundation of Metropolitan Chicago (LAF)

Provides free civil legal assistance and legal aid to tens of thousands of elderly as well as lower income families in Chicago and overall suburban Cook County.

For those Chicago and Cook County families and individuals that are elderly, low-income, or disabled, the free legal assistance is often crucial for those in need to protect their employment, protect their homes, their public benefits, or to protect their statutory or constitutional rights. Almost one million people in need, who are the most vulnerable residents of Cook County, are eligible for the free legal aid. Dial 312/341-1070

Utility bill assistance program - All Clear

This assistance program helps Chicago residents catch up on paying overdue heating or utility bills. Residents who less than \$500 on their gas or utility bills can sign up for assistance from the All-Clear program. These customers need to agree to pay half of the amount overdue on their energy bills. The Chicago Housing Authority and participating utility companies all agree to pay the other half of the bill. (312) 742-8500

Chicago rent assistance program

Chicago has nine **Department of Human Services Centers** (DHSC) and also additional emergency response operation centers. They help families with housing assistance, assist them with accessing public assistance programs, and find any other needed care. The DHSC can provide help with rent or security deposits to those who are at risk of losing their home, or if they are already homeless.