

# NATIONAL CHILD ABUSE PREVENTION MONTH

Child Abuse occurs at every socioeconomic level, across all ethnic and cultural lines, within all religions, and all levels of education.

Safe, stable, and nurturing relationships and environments are essential to prevent child abuse and neglect and to assure all children reach their full potential and thrive.

We all play a role in healthy development of our community's children. Find out more at [CDC.gov](https://www.cdc.gov)



**THRIVING**  
**Children and Families:**  
**PREVENTION WITH PURPOSE**  
#ChildAbusePreventionMonth



## Did You Know?

- One organ donor can save up to 8 lives and one tissue donor has the potential to help up to 75 people.
- Over 100,000 people are currently waiting for an organ transplant in the US.
- You can register to be a donor when you receive or renew your driver's license or online at [registerme.org](https://www.registerme.org)

## MENTAL HEALTH CORNER

*April is Stress Awareness Month*  
*Try these Tips to Deal with Stress:*

- Count to 10 in your head before you react or respond.
- Take a few deep breaths until you feel your body unclench a bit.
- Go for a walk to relieve tension.
- Walk away from the situation and come back to it later.
- Break down big problems into smaller problems and take things one step at a time.
- Exercise and get active.
- If the issue isn't urgent, sleep on it and come back to it tomorrow.

Find out more at [Heart.org](https://www.heart.org)