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*Your present  
circumstances  
don't determine  
where you can  
go, they merely  
determine  
where you  
start.*

*-Nido Qubein*

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**Janet Watson**  
**Resource Coach**  
**Phone: (320) 364-3344**  
**Fax: (320) 679-4139**  
**E-mail: janetw@lakesandpines.org**  
**Lakes and Pines CAC, Inc.**  
**In Partnership with**  
**Aitkin County Health and Human Services**



COMMUNITY  
ACTION  
COUNCIL, INC.

**1700 Maple Avenue East**  
**Mora, MN 55051**  
**Phone: (320) 679-1800 or**  
**1-800-832-6082**  
**Fax: (320) 679-4139**

**[www.lakesandpines.org](http://www.lakesandpines.org)**

**Lakes and Pines**  
**and**  
**Aitkin County Family Services**

Item IV.A.



**Aitkin  
County**

***We Rally Around Parents***

Do you live in Aitkin County?

Do you have a child who is 0-5? Do you have a child in grades K-2? Could you use support getting in touch with resources? Could you use help to reduce the stress in your life?

If you answered yes to these questions, the WRAP program is here to help support you and your family! Our Resource Coach can assist in connecting you with resources that can help with navigating many barriers or transitions.



### LET US HELP YOU WITH:

- ✚ Connecting to community resources;
- ✚ Moving towards goals and self-sufficiency in areas like transportation, housing, education, career, etc.;
- ✚ Navigating application processes;
- ✚ Fostering positive supports with family and friends;
- ✚ Creating a person centered plan to address the stigma and struggles of a parent living with a mental illness
- ✚ Focusing on healthy living habits to promote health and wellness;
- ✚ Mindful self-care techniques;
- ✚ Providing age-appropriate supportive parenting techniques;
- ✚ Coordination of getting your child school ready;
- ✚ Collaboration with classroom teachers and/or other staff;
- ✚ Tailoring a continuing plan to encourage the parent to support the child in the educational system.



**YES, I'M INTERESTED!**

**Tear off and mail to:**

Lakes and Pines CAC, Inc.  
Head Start WRAP program  
1700 Maple Avenue East  
Mora, MN 55051  
(320) 679-1800 \* (800) 832-6082 Ext. 144

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_