





May 15, 2025



Welcome to AP-OD Family Connections!

We're excited to introduce the very first issue of **AP-OD Family Connections**, a new monthly newsletter designed especially for families. Whether you're a parent, grandparent, or caregiver, you are your child's first and most important teacher. We are here to provide you with resources and support you every step of the way.

Each month, you can look forward to:

-  **Stories from fellow parents** to celebrate and inspire
-  **Expert tips and simple activities** to support your child's learning and your family's well-being
-  **Upcoming events and workshops** where we can grow and connect as a community
-  **Engaging challenges and polls** to hear your voice and build community

This month's newsletter is focused on **Mental Health Awareness Month**. We're also sharing practical tools, information, and resources on our social media platforms throughout the month.

At AP-OD, we honor and support you as the leader of your family. Together, we're building lifelong skills and community connections that help raise strong, healthy, and thriving children.

Thank you for being part of the AP-OD family. We're so glad you're here. ❤️



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Parent Spotlight



Angélica joined the AP-OD program alongside her husband, seeking support for their son.

“I attended the program because I needed help with my son. He was behind in school and needed therapy. I was looking for answers—and I found them.”

Throughout AP-OD, Angélica found not only answers, but a community that listened, informed, and uplifted her.

Read more about her story [here](#).

Want to share your AP-OD story and be featured in our monthly newsletter? Fill out this [form](#)!



Expert Tip of the Month

In order to overcome barriers to self-care, we need to deeply believe we deserve to be healthy for ourselves and our families and make self-care a priority in our lives. Here are some steps to help you get started:

- Identify your barriers
- Set realistic goals
- Set up a self-care plan
- Get support
- Set boundaries
- Make the most of your time
- Let go of guilt

Read more about overcoming barriers to self-care in our blog, [Breaking through the barriers to self-care: Effective Strategies for Parents & Caregivers](#)

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Upcoming Events and Workshops



May 16 | 5:30pm PT | Instagram Live

What is self-regulation and why is it so important for our mental health?



May 23 | 5:30pm PT | Instagram Live

Tips for building a support system

How to join our Instagram live events



Follow us on Instagram at [@ap_od_national](https://www.instagram.com/ap_od_national)



Open the app a few minutes before the event starts.



At the event time, look for our **profile picture at the top of your screen** — it will have a colorful ring and say “Live.”



Tap the profile picture to join the live event!



No registration needed — just show up and join the conversation!



Tip: Turn on notifications for our account so you don't miss when we go live! To do this, visit our profile, tap the 🔔 (bell icon), and select “Live Videos.”



Closing Dicho “Each mind is a world unto itself.”