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ASK E-Newsletter | September 2019

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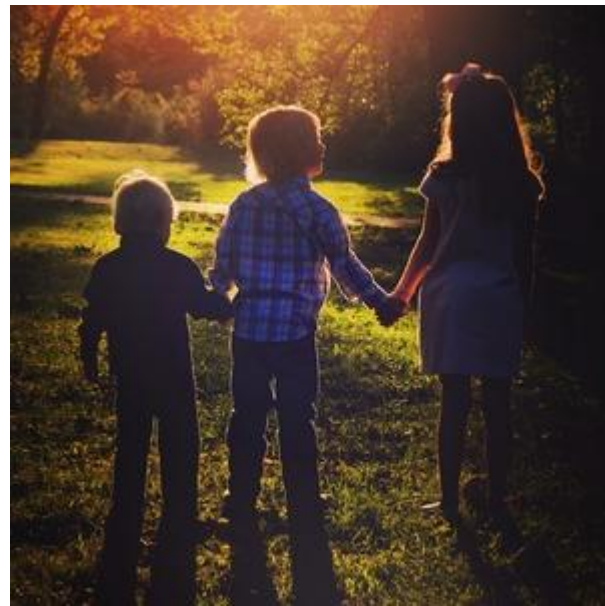
Welcome to Grace Barclay our ASK Intern



Grace Barclay joined ASK as an intern in August of 2019. Her role is to curate social media posts that are eye-catching and able to tell a story and to help plan ASK fundraisers. She is a student journalist and uses knowledge from her years on the newspaper staff to interview ASK families and write stories about them. Although just a high schooler, Grace has found how to use her talents to help people. This has become a passion of hers.

An ASK Family Spotlight

by Grace Barclay



About Special Kids is pleased to be part of Kroger's Community Rewards®. If you enroll in the program, each time you swipe your Kroger Plus Card, a percentage of your purchase comes to ASK. This is a very easy way you, your friends, and your family can support the families we serve.

For information on how you can enroll and help ASK every time you shop, click [here](#).

Finding the right path after a child is diagnosed with a special need can often leave a parent feeling lost and overwhelmed. This was the case for Britney after both of her sons were diagnosed with autism. She did not know what to do, or even where to start, until her son's occupational therapist recommended ASK. Through ASK, Britney was connected with a parent liaison. She felt that this connection with someone who had gone through similar situations as her made her feel less alone. This relatable resource was exactly what she was looking for. Britney was then given the details and information to put her mind at ease. According to Britney, ASK services gave her a support system. She finally felt as though she was on the right track.

"As parents, we don't know what we don't know until we are given guidance from people who have had similar experiences. It is so helpful to hear from someone who can guide you when you're lost."



The 2019 NOFAS FASD Awareness Month/Day packet is available [here](#) containing details on this year's NOFAS mocktail video campaign, sample social media messages, a sample proclamation and news release, and a list of events and resources.

World Suicide Prevention Day is September 10, 2019



How to Observe World Suicide Prevention Day:

1. Reach out to someone who needs help.

We can all learn the warning signs of suicidal "ideation." If we spot them early enough, we can take action.

2. Help get rid of the stigma associated with mental health.

Talking about this issue is an important first step in ridding society of the idea that mental health issues should remain hidden.

You can learn more about this 100% preventable condition [here](#).

3. Learn as much as you can.

There are many resources we can utilize in order to learn more about suicide and the mental state of those who may be considering it. As always, knowledge is power.

If you are interested in information about community resources or speaking to an ASK Parent Liaison please call (317) 257-8683.

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