



EMPOWERING FAMILIES

MISSOURI FAMILIES 4 FAMILIES NEWSLETTER
SEPTEMBER 2020



FROM THE DIRECTOR'S DESK

MO Families 4 Families has a new website.

Check it out www.mofamilies4families.com.

We have expanded our regions from three to five across the state. Check out the map of the regions on our website.

The Real Voices Real Choice Virtual Conference was held August 31 through September 4.

Check out our Regions Spotlights for information in your region.

We will be spotlighting each month one of the Shining Light awardees in our newsletters and on social media.

Supporting families with the stress and fear that comes when thinking about what school will look like for children/youth with the new school year approaching. Parents, Caregivers and Grandparents,

If you need support, have questions, or just need to talk contact us any time at mofam4fame@gmail.com or 573-619-1322 or reach out to a regional contact. (see regions information)

Barb Scheidegger, Director

MOF4F
NEWSLETTER

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NEWS AND EVENTS



www.mofamilies4families.com

National Federation for
Children Mental Health
2020 Mini Virtual
Conference

November 10th and 12th
1:00 - 4:15 pm

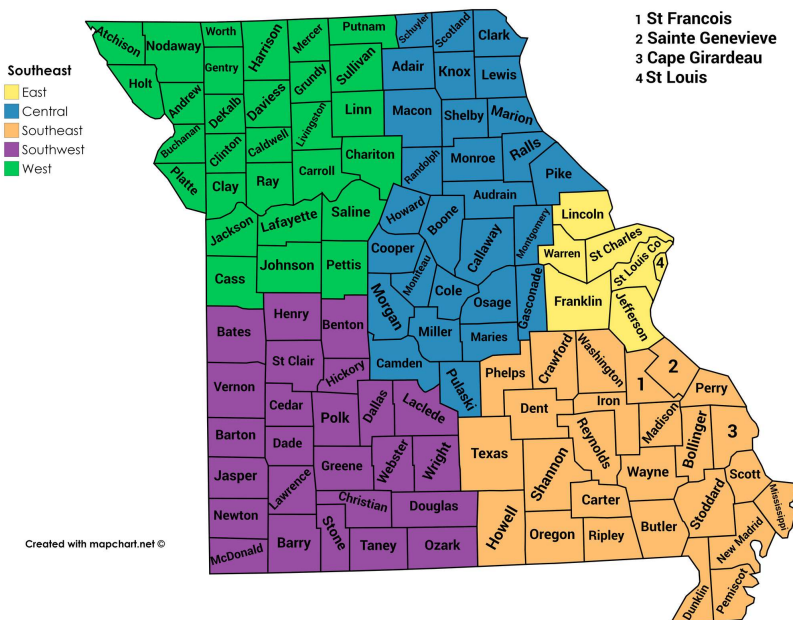
Workshop themes and tracks:
Tackling Mental Health
Disparities for Children of
Color

Mental Health, Substance Use,
and Family and Peer Virtual
Support Services that Work
Register now

<https://www.ffcmh.org/2020-virtual-mini-conference>

Regional Spotlight

**NEW
EXPANSION
FROM 3 TO 5 REGIONS**



Regions

EAST

Rene Murph
renemurph@gmail.com

SOUTHEAST

Tina Owster
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CENTRAL

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WEST

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SOUTHWEST

Lynn Prince
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**Families 2 Gether Support/Network
Groups with zoom
FREE**

The groups can provide you as a parent, caregiver, grandparent a place to talk together. share information and resources together.

Topic for September "Sharing your child's experience with school" What is working and what is not working.

**Check out the date, time and login of a group near you on our website
mofamilies4families.com
FB pages @MOF4F**

**You may contact us about a group or for support. mofam4fam@gmail.com
573-619-1322**

**Families 2 Gether Groups by Zoom
East Region**

*St Louis Area Second Thursday at 7:00pm
St Charles Area-Third Thursday at 7:00 pm*

Southeast

Phelps-Crawford Counties-Third Tuesday at 7:00 pm

Central Region

*Jefferson City Area-First Tuesday at 7:00 pm
Jefferson City Area Grandparents Second Tuesday at 10:00 am*

*Lake Area Second Monday at 7:00 pm
Owensville Area-Second Thursday at 7:00 pm*

Western Region

Kansas Area-4th Tuesday at 7:00 pm

Southwest Region

Springfield Area-Fourth Thursday at 7:00 pm

**Check out our FB pages for login information or email us
mofam4fam@gmail.com or 573-619-1322**

Opportunities

*for parents/caregivers
Check out our website*

Visit www.mofamilies4families.com



SPOTLIGHTING OUR 2020 SHINING LIGHT AWARD RECIPIENT



**T'Keyea Thornton
from Jefferson City**

**Young Adult
of the Year
Award**

Nominated by Debra Cooper

Ms. T'Keyea had a promising future, but a change in circumstances found her homeless and pregnant with no support system. T'Keyea focused on improving her situation by moving ahead so she established some admirable goals and worked hard to achieve them despite being burdened by her illness and with a limited family support system to rely on to lessen the stress she was experiencing. She remains focused on the goal of creating a better life for herself and her son. She has weathered labels, an at-risk pregnancy, two life-threatening illnesses, utilized help services for counseling, home visits, homelessness, stress, depression, hopelessness, all the way to positive thoughts, focus thinking, educational growth, entrepreneurship, homeowner, car owner, experienced worker, caregiver for her mother and most importantly excellent mother.

WHO WE ARE

Missouri Families 4 Families was organized in 2006 in Jefferson City with families from the Central and Southwest areas of the state who have personal life experiences as families who have children and youth with social emotional, behavioral, and/or mental health needs. They had a vision to use their experiences to support and help other families across the state of Missouri. MOF4F represents families statewide by being a voice for families on state and local committees and advocating for families who have children/youth with mental health needs.



OUR MISSION

Bring hope to Missouri's families with children and youth who have emotional and behavioral health needs.

At MOF4F we:

- Nurture and support family connections to each other and to quality services
- Provide family assistance through information, support, training and technical assistance in local communities resulting in self-advocacy
- Promote family voice on decision making committees that develop and monitor policy, planning, and service delivery for children/youth with emotional behavioral needs at all levels of services

HOW TO CONNECT WITH MOF4F

If you or someone you know is in need of support or has concerns about their child, we invite you to contact us to get help from parents who understand.

CALL: (573) 619-1322

EMAIL: MOFAM4FAM@GMAIL.COM

VISIT: MOFAMILIES4FAMILIES.COM

FOLLOW: FACEBOOK [@MOF4F](https://www.facebook.com/MOF4F)