



# MARCH 2022 NEWSLETTER



## A LETTER FROM THE CHIEF EXECUTIVE OFFICER

Dear friends,

With so much darkness all around us, I am feeling very grateful that Spring has arrived. The new leaves and color remind me that new life comes after the dead of winter.

Between war, hurting children in the news, and so much suffering everywhere, it is refreshing to see new budding flowers and blooming trees and feel the warmth of light. Maybe you have a place in your life where you need new birth, too? I suspect we all occasionally need that reminder!

I have been reminding our team and myself that we need to celebrate the big & small things, in spite of the many challenges we see everyday. And I certainly didn't want to let the month slip away without sharing the celebration of our staff during **Social Work Awareness Month!**

These professionals use psychology and sociology to solve social issues and improve the lives of hurting children and families. Our staff never hesitates to enter into the messiest parts of people's lives, so you can imagine that social work can be emotionally draining. Yet, they never complain.

Their relentless advocacy and commitment to doing whatever it takes to help children on a path of healing is admirable and worth celebrating! Please share a thank you or high five with the social workers in your life, including ours showcased below.

As we enter into a new quarter and a new season, I encourage you to take inventory of who and what you should celebrate. When I pause to do this, it leads to gratitude. I know my own spirits are lifted and that is multiplied when I share it. Those around you need this, too.

I am grateful for your help to do this hard, messy work and ask you to continue giving to make it possible. Our children are worth it. Our families are worth it. Systemic transformation is worth it.

Sincerely,



**Jenni Lord | Chosen**  
Chief Executive Officer

## Family Resources to Share



### Talking With Teens

If having a conversation with your teen makes you feel frustrated, or like you need a translator, you're not alone! Parents often tell us their kids shut down and won't say anything, or dismiss them with grunts, eye rolls, and slammed doors.

[Free Resource >>](#)



### Tossing & Turning...

Sleep can also be tricky for kids who have experienced loss, abuse, and neglect. Separation anxiety, memories of bad things that happened in the dark, and grief can all intensify in the stillness of the night and cause bedtime challenges.

[Read Blog >>](#)

# Social Work Awareness Month

Today, we are showcasing our talented staff and immediate **impact** they make daily.

[View Our Impact Impact](#)



## Social Work **Awareness Month** — March —

Thank You For All That You Do!



**Nikki Spencer**  
Care Manager



**Angela Roberson**  
Florida State Director



**Raegan Oster**  
Program Manager



**Blake Taylor**  
Care Manager



**Payton Barksdale**  
Care Manager



**Lisa Oliver**  
Therapist

## How To Be Calmer With Anna Valdez

Program Director, [Anna Valdez](#), recently shared incredibly useful insights and tips into being calmer to connect better with our children. A disregulated brain cannot regulate another disregulated brain. AKA if your lid is flipped, you can't help anyone calm down.

[Listen Here](#)

# Trauma Informed Hope Obsessed



With Anna Valdez  
Program Director

**CH****SEN**® Thriving  
Adoptees

With your support families are

#bettertogether



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