

Improving children's lives and strengthening families through education, advocacy and family support.

# The Advocate

The voice of children and families for those who support them

*Activities bring awareness of Saline County children who are victims of abuse.*

*Read more inside...*

## Child Abuse Prevention Month

In 2019, **1,094** child abuse or neglect cases were investigated by the Department for Children and Families in Saline County.

The 189 children who were child victims of physical or sexual abuse and/or witnessed a violent crime received advocacy, a medical exam and care by trained SANE/SART staff, referral to trauma focused mental health services or a forensic interview at Chris's Place – Child Advocacy Center, a program of CAPS. These services are delivered through a multi-disciplinary collaboration between City of Salina and Saline County law enforcement, CAPS, Salina Regional Health Center, Department for Children and Families Child Protective Custody, Saline County Attorney's Office, Central Kansas Mental Health Center and private therapists.

### Pinwheel Garden

The pinwheel is the national symbol for child abuse prevention. There will be two gardens travelling across town. Both gardens are to create awareness for child survivors of abuse. One will be at business locations and the other will travel through Salina neighborhood. Participants can sign up in advance to have the garden delivered to friends and family's yard for \$25 each. Our partners, Bikers Against Child Abuse (BACA) will help deliver the gardens.



### Go Blue Salina

Join advocates across the country in wearing royal blue to bring awareness to the issue of child abuse and neglect any day during the month of April. Businesses encouraging employees to wear blue jeans and/or royal blue can collect funds for CAPS and spread

CAPS proudly promotes the following activities during Child Abuse Prevention Awareness Month

**Pinwheel Garden**

**GO BLUE Salina**

**Speak Night, April 24**

**Pancake Feed, April 25**

awareness by taking photos of employees showing their blue support! Each participant will get a sticker to wear showing they believe every child should be safe and loved. The recommended minimum donation is \$5/person. Tag your photos on social media using the hashtag #CAPMonth, #PassthePinwheel or @capsofsalina Pre-registration is required to get the stickers and display materials for your location.

# Many Thanks!

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Tina Price  
Larry Prothro  
Francis Sullivan  
Raul Vasquez  
Mary C. Verhoeff

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Trace and Cindy Walker  
Austin Walker  
Jennifer Wiegert  
Michelle Wikoff-Schrock  
Vicki Williams

**Long McArthur**  
Derek Lee  
Ty & Laura Wood



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# YEARS THE INCREDIBLE

## FREE PARENTING SERIES

**The Incredible Years Parenting Series** is a free 6 week workshop geared towards parents of school age children. Participating in this series will empower families to:

- help children strengthen social and play skills
- boost academic success
- increase self-esteem, and positive relationships with their parents.
- help parents increase positive & nurturing parenting.
- improve anger management and communication skills.
- increase involvement in their child's academic activities

**March 17-April 23 Tuesday & Thursday, 12pm-1pm (Lunch served 11:30am)**  
 Salina Family YMCA, 570 YMCA Dr., Salina KS | RSVP the Salina Family YMCA (785)825-2151 \*Pre-registration is required for the class and childcare.

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## Speak Night

Speak Night is a FREE event at Ad Astra Books and Coffee House with DVACK (Domestic Violence Association of Central Kansas) to bring hope to survivors of domestic violence and abuse on Friday, **April 24 at 7 p.m.** The community is invited to come witness performances of poetry and prose centered on these subjects. There is also an open mic for those wanting to perform pieces that give them hope.

## Pancake Feed

Pancake Feed at Robby's Famous Cheesecake is an event on Saturday, **April 25 from 9 to 11 a.m.** to raise money for CAPS programs.

CAPS provides both prevention and intervention programs designed to reduce risk factors associated with child abuse and neglect while focusing on educating parents and empowering children. The agency's many community collaborations respond to a variety of human needs and conditions keeping appropriate child development in the center of all strategies. CAPS responds to a variety of human needs and conditions throughout central Kansas while serving any family seeking help at no charge. For more information or to get involved call Lori Blake, 785-825-4493, or email at [lori@capsosalina.org](mailto:lori@capsosalina.org).



**ROBBY'S FAMOUS CAKES**  
CHEESECAKES & BAKERY

## Pancake Breakfast Fundraiser

**Saturday, April 25th  
9-11am  
156 S Santa Fe  
Salina, KS 67401**




**FREE WILL  
DONATION  
CAPS**

**Child Advocacy & Parenting Services, Inc.**  
*Proceeds go toward preventing and supporting  
victims of child abuse in our community.*

## Simple Ways to Cool Off Before You Blow Up At Your Child

No one said it would be easy to be a parent. When everyday pressures build up to a point where you feel like lashing out, STOP. Try these tips instead. You'll feel better. So will your child.

1. Take a deep breath. And another. Remember, you are the adult.
2. Close your eyes. Pretend you're hearing what your child is about to hear.
3. Press your lips together and count to 10. Better yet, count to 20.
4. Put yourself time-out. Think about why you are angry: is it your child, or is your child simply a convenient target for your anger?
5. Phone a friend.
6. If someone can watch your child, go outside and take a walk.
7. Take a hot bath.
8. Splash water on your face.
9. Hug a pillow.
10. Turn on some music. Maybe even sing along.

# Get Connected!

 [www.capsosalina.org](http://www.capsosalina.org)

 CAPS of Salina Parenting Education

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Child Advocacy & Parenting Services, Inc.  
155 N. Oakdale Ave., Suite 200, Salina, KS 67401



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Join us at the Salina Fieldhouse on Thursday, March 19th  
from 10 a.m. to 7 p.m. or give online from 12 a.m. to 11:59 p.m.  
at <https://www.matchmadnessgscf.org>

Every donation will receive a cash match up to 50%.  
Be a champion for CAPS!

greater salina community foundation

# MATCH MADNE\$\$



## 31st Annual Benefit Auction raises \$61,000 **THANK YOU SALINA!**



I want to be a CAPS  
partner to help change  
the lives of children

NAME

ADDRESS

CITY

STATE / ZIP

EMAIL

☐ Please contact me regarding CAPS  
being included in my estate planning.

So Many Possibilities!  
Your gift can provide...



**\$50**

1 Bullying Prevention class  
OR 3 hours of respite child care  
for an overwhelmed parent

**\$100**

4 Hours of parenting instruction  
OR 1 Happy Bear session  
for 25 children

**\$250**

Family mentoring services  
for in-home visitation  
and parenting education

**\$500**

Advocacy and support  
services for 1 victim and  
their non-offending parent

**\$1,000**

One year of court advocacy and  
professional support for a CASA  
volunteer for a foster child

**\$2,000**

3 Months of 24/7  
on-call support  
for children and their families

**ANY**

Support for  
School Readiness  
activities

CAPS operates on 6% administrative and 2% fundraising expenses, 92% of your contribution goes to direct services for children and families. As a 501(c) 3 charitable corporation, your contribution is tax deductible.

Mail to: CAPS, 155 N. Oakdale Ave., Suite 200, Salina KS 67401 or call 785-825-4493 or DONATE TODAY at [www.capsosalina.org](http://www.capsosalina.org) through PayPal.