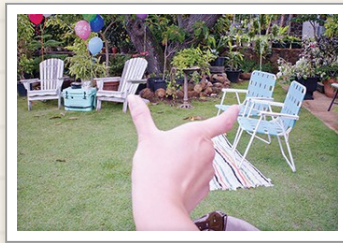


Kākou Connection

December 2021

Kākou in Hawaiian means "we are all in this together." As we continue to overcome challenges, it is our hope that this newsletter will provide you with valuable resources and information to guide you along the way. This is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. Let's remain connected and support one another!



Safe Gatherings - Hawai'i Department of Health

<https://hawaiiicovid19.com/safe-gatherings/>

There are steps you can take to minimize your COVID-19 risk with friends and family this holiday season. Follow the simple guidance from the Department of Health to keep you and your 'ohana safe during holiday celebrations and social gatherings.

Grief and Bereavement Resources

<https://kokuamau.org/grief-and-bereavement/>

Feelings of grief can be heightened during the holiday season and may seem overwhelming at times. Kōkua Mau provides a "Bereavement Network of Hawai'i" which offers many resources for support and information about grief and bereavement. Due to COVID-19, groups and services are subject to change. Please see below and contact the individual or organization for more information.

Child and Family Service (CFS) - 'Ohana Support Services

<https://www.childandfamilyservice.org/programs/oss/>

CFS continues to offer a parent support group for parents/caregivers to gain support, share ideas, and learn from others who may be experiencing similar issues with their children. The group is offered to all parents/caregivers throughout Hawai'i. Sessions are conducted virtually via Zoom. Please call (808) 748-3085 to register and see below for more information.



Bereavement-network-of-Hawaii.pdf

[Download](#)

165.7 KB



OSS-Parent-Support-Group-2021.pdf

[Download](#)

252.1 KB

HOLIDAY FESTIVITIES!



31 Best Christmas Crafts for Kids That You'll Love Making With Them

<https://www.countryliving.com/diy-crafts/g5030/christmas-crafts-for-kids/>

Christmas is all about spending time with family and friends and making fun memories that will last a lifetime. Whatever you choose to create, the most important thing is that you'll be spending quality time together. My favorites are #20 - no sew sock snowman and #26 - tea light snowman ornaments. Get creative and have fun!



Honolulu City Lights is Back This Year!

<https://www.hawaiinewsnow.com/2021/10/29/honolulu-city-lights-will-be-back-big-way-this-year-not-everything-will-be-same/>

Components of Honolulu City Lights that were canceled last year because of the pandemic will be back this holiday season. The tree exhibit will also be back at Honolulu Hale, but attendees will be required to show proof of vaccination or a negative COVID test. The Honolulu City Lights tree lighting ceremony is set for Dec. 4 at 6:30 p.m. For more information, [click here](#).



Island Craft Fairs and Events

<https://islandcraftfairs.org/oahu>

As the holidays are fast approaching, what better way to support local artisans and businesses, especially as we all continue to face challenges. This website provides upcoming craft fairs and holiday markets throughout Oahu and the outer islands. You can find handmade ornaments, jewelry, apparel, local favorite baked goods and snacks, and so much more!

Fall, Spring, and Summer Full Blast!

<http://manoa.hawaii.edu/nhss/>

Launching this month are exciting programs for you and your 'ohana! These programs are in partnership with the Department of Education, Community Engagement Branch, and Na Pua No'eau University of Hawai'i at Manoa. They offer music, visual arts, culinary arts and literacy programs. Please refer to the flyer below or call (808) 956-0939 for additional information.



Na Pua Noeau dec 2021 (1).pdf

 Download

2.8 MB

Make a Festive Hot Chocolate Charcuterie Board!

<https://hip2save.com/recipes/hot-chocolate-charcuterie-board/>

We all know about the classic savory meat and cheese charcuterie board. But have you heard of the hot cocoa charcuterie board? Simply grab a large tray, serving platter, or cutting board and arrange your favorite hot cocoa toppings and holiday treats. The best part is that you can customize it with sweets your family will enjoy and scale the servings for any size group.



INGREDIENTS

- Tray or cutting board
- Powdered hot cocoa mix
- Toppings: sprinkles, candy canes, marshmallows, chocolate dipped pretzels, peppermint kisses, etc.

DIRECTIONS

1. Get a tray and gather all the goodies you'd like to include on your board.
2. Put some hot cocoa powder in a bowl or jar and take the candy and treats out of their packaging. Arrange around the tray in small groupings.
3. Steam milk or water for hot cocoa and enjoy!

Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key.

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



BlessingManifesting

Mele Kalikimaka me ka Hau'oli
Makahiki Hou



