NOVEMBER EVENTS

Bismarck
- Nov 12th Central Dakota Student Career Expo 8am-3:30pm Bismarck Event Center
- Nov 21st ND Native Heritage Showcase 10am-5pm State Capitol Memorial Hall
- Nov 27th Community Thanksgiving Dinner 4-7pm Dream Center

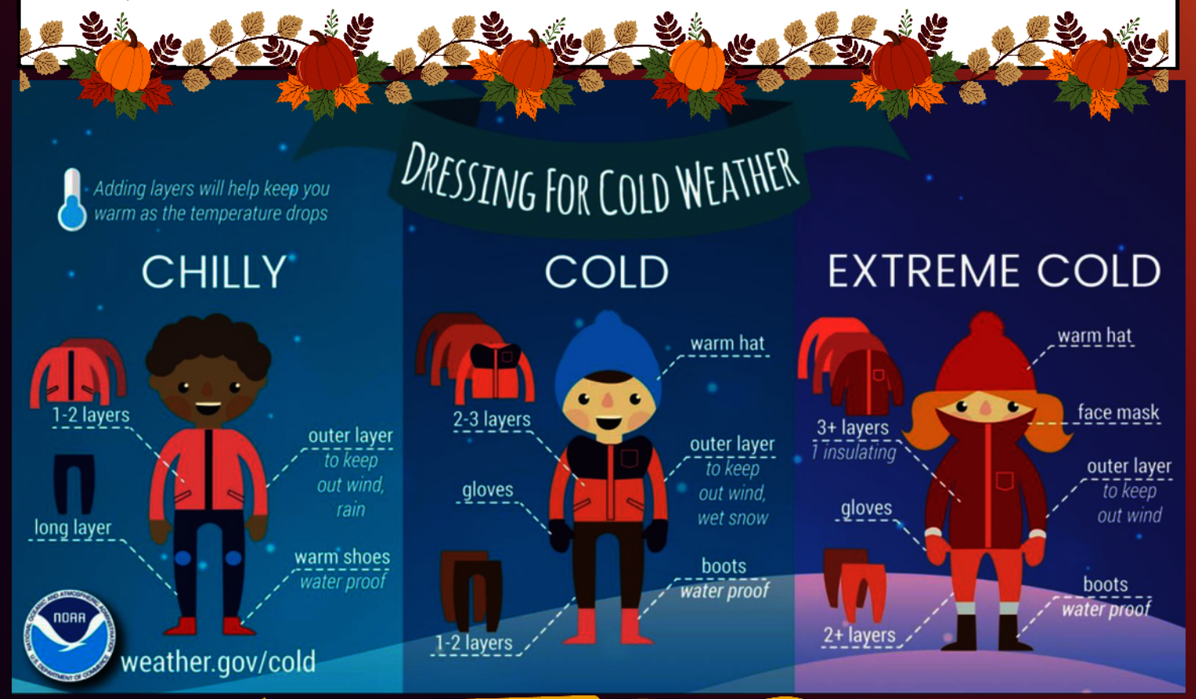
Dickinson
- Nov 11th Veteran's Day Program 11am-12pm DSU Dorothy Stickney Auditorium
- Nov 27th Community Thanksgiving Dinner 11:30am-1:30pm DSU Downstairs Dining Room

Grand Forks
- Nov 6th BZP Grand Forks Community Celebration: Introducing Live Well Grand Cities! 5:45-8 pm The Career Impact Academy
- Nov 17th Thanksgiving Together 6-7:30pm United Lutheran Church

Fargo
- Nov 10-Dec 5 Fraser Ltd.'s 25th Annual Festival of Trees 8am-5pm M-F Fargodome
- Nov 15th PANGEA: Cultivate our Cultures 10am- 4pm Clay County -Hjemkomst Center
- Nov 25th Talent Tuesday Hiring Event 1-3pm Fargo Workforce Center
- Nov 27th Thanksgiving Meal 11am-2pm Blessed Sacrament Catholic Church

Jamestown
- Nov 6th Health Tech & Trades Career Fair 9am-2:30pm Jamestown Civic center
- Nov 20th Babysitting Club Autumnal Snacks 3:45pm NDSU Stutsman County Extension
- Nov 27th - Community Thanksgiving Meal 11AM to 1PM Concordia Lutheran Church

Milwaukee, WI
- Nov 6th Tabletop Game Night 6-10 pm The Sugar Maple
- Nov 27th Milwaukee Turkey Trot 5k/8k 9am-12pm McKinley Park



STAY IN TOUCH!

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HOME on the Range

TRAILBLAZER

Aftercare services newsletter for your path forward

BARN BANTER

This is Hollywood! He's a favorite up here among the residents and has been an amazing teacher for lots of first-time riders. This sweet guy takes amazing care of his rider and is as steady as they come! His best friend in the herd is Charly and you can almost always find them together in the pasture! A fun fact about Hollywood is that he starred in a drunk driving commercial in Montana.

CANINE UPDATE

Here is your monthly Foxy update. She is doing well here at HOTR and has a few people interested in her, but the right one just hasn't been found yet. Now to talk about what she has been working on. I know this picture doesn't look like much but the board that Foxy is on is a wobble board. It took us a few days to get her on it because she was scared and lacking confidence, and because, well, it wobbles. But she overcame her fear for the most part and is working on building confidence to be able to balance on it without jumping off of it right away. We are always trying to find ways to challenge her and it helps her have to use her brain. We recently purchased a few other things to challenge her with, stay tuned for those updates but until then enjoy!!

Sunni

GRATITUDE TREE

Take a few quiet minutes to slow down and notice the good things in your life—big or small.

1. Draw or Imagine a Tree:
2. Picture a tree with strong roots and open branches.
3. Roots – What Grounds You:
4. Write or think of three things that help you feel safe, supported, or stable. These are your roots.
5. Trunk – Your Strengths:
6. Name two personal strengths or qualities that help you keep going, even when life is hard.
7. Branches – What You're Grateful For:
8. On each branch, write or say something you appreciate today—a person, a moment, a place, or even a simple comfort.
9. Take a Deep Breath:
10. Look at your "tree." Feel how gratitude connects you to yourself and others.

You can repeat this anytime you need to feel grounded or shift your focus to what's growing in your life

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

EASY FALL MEAL: ONE-POT HARVEST CHILI

Ingredients:

- 1 lb ground beef or turkey (or 1 can black beans for a vegetarian version)
- 1 can corn (drained)
- 1 can diced tomatoes
- 1 can kidney beans (drained and rinsed)
- 1 small onion, chopped
- 1 bell pepper, chopped
- 2 cups water or broth
- 1 packet chili seasoning (or use chili powder, cumin, garlic, and salt to taste)

Directions:

1. In a large pot, cook the meat (or heat beans) over medium heat until warm.
2. Add onion and pepper; cook until soft.
3. Stir in tomatoes, beans, corn, water/broth, and seasoning.
4. Simmer for 15–20 minutes, stirring occasionally.
5. Taste and adjust seasoning as needed.

Optional Toppings:

Shredded cheese, sour cream, or tortilla chips.

Budget Tip:

Make extra and store in containers for easy grab-and-go lunches all week.

Mindful Cooking Moment

As you stir your chili, take a deep breath. Notice the colors, the warmth, and the smells rising from the pot. Cooking can be an act of self-care.

GREAT PLAINS FOOD BANK

The holidays can be a tough time to stretch your budget, but you don't have to do it alone. The Great Plains Food Bank connects youth and families across North Dakota with free or low-cost groceries through local pantries and mobile food distributions. They also offer help applying for SNAP and other food programs.

How to Get Help:

- Visit the website and click "Get Help" to find a pantry near you.
- Bring an ID and check distribution days.
- Ask your aftercare specialist if you need help with transportation or budgeting support.

Taking care of your nutrition is part of taking care of you. Reaching out for resources like this shows strength and independence.

greatplainsfoodbank.org

HOPE IN TIMES OF DESPARATION

Ever heard of the phrase "when it rains it pours"? The saying means tha when one bad thing happens, more and more bad things follow. You would think that this would be an uncommon trend, but from my point of view it seems be the normal occurrence. From a Pastoral perspective, the world we live in is full of darkness, tragedies happen all the time, temptation waits behind every turn, people only interested in selfish gain, seeking everything and anything regardless of the expense of other people. It can be easy to lose hope and fall apart with so much pressure on us. Though do not be discouraged, but rather find heart and know that there is Hope! In the Bible John chapter 1 verse 5 states "The light shines in the darkness, and the darkness has not overcome it." This light is Jesus, and the darkness has not overcome Him. This is my encouragement to everybody, do not allow whatever darkness you are currently facing in your life to overcome you, but rather turn to Jesus in Hope and have faith that He can deliver you!

Practical steps you can take right now!

Prayer- At any time in the day, anywhere, you can pray and seek the Lord.

Read and pray Scripture- Read and pray Philippians 4:4-13 for anxiety, peace, or for help during difficult times.

Go to church- We all need community, it is important we surround ourselves with people that will cry with us, pray with us, and live life with us.

I pray this scripture over all of you
Romans 15:13
May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
In your name Jesus,
Amen

- Pastor Nathan

you are OKAY

Life Is Complicated, But Finding Support Shouldn't Be.

You Are Okay is a digital resource for teens and young adults navigating mental health, created by the Child Mind Institute. It's designed to be honest, accessible, and empowering—because we know how confusing and isolating it can feel to be anxious, depressed, overwhelmed, or just not okay. This isn't a clinical site full of jargon. And it's not here to tell you what to feel. It's a place to get answers, find words for what you're going through, and realize you're not the only one.

https://youareokay.org/

STIMULANTS

Stimulants are substances that speed up your brain and body.

They include things like caffeine, nicotine, ADHD meds (when misused), or drugs like cocaine and meth.

Why It Matters

- They can make your heart race and your mind feel wired.
- The "boost" doesn't last — crashes can leave you tired or moody.
- Misusing stimulants can lead to addiction and health risks.

Healthier Energy Boosts:

Get some sunlight or fresh air
Drink water instead of energy drinks
Move your body — stretch, walk, or dance
Talk it out when you feel stressed