DECEMBER EVENTS

Bismarck
- Dec 13th North Dakota Santa Run 4pm at Dykshoorn Park
- Dec 14th Holiday Open House at Former Governors Mansion 1-4 pm
- Dec 16th A Community Christmas Meal at the Dream Center 4-7 pm

Grand Forks
- Dec 5-7 Santa Village at Lincoln Clubhouse
- Dec 13th Drive-in Movie "Christmas with the Kranks" 6pm at Alerus Center
- Dec 18th Game Night & Soup Dinner 5-6:30pm at Augustana Lutheran

Fargo
- Nov 10-Dec 5 Fraser Ltd.'s 25th Annual Festival of Trees 8am-5pm M-F Fargodome
- December 13th, 14th, & 21st Donuts with Fargo Santa 8:30-10:30am at Sandy's Donuts
- Dec 24th Christmas Eve Dinner at Olivet Lutheran Church 6- 8pm

Jamestown
- Dec 12th Alfred Dickey Library Holiday Open House 5pm at James River Valley Library
- Dec 21th Community Christmas Dinner 11am-1pm at Victory Lutheran Church

Minot
- Dec 3rd, 10th, 17th, Soup Suppers, 5:30-7 pm at Our Savior Lutheran Church
- Dec 7th Christmas at the Pioneer Village Museum 12-5pm, Burlington
- Dec 18th CPKC Holiday Train 5:45-6:15 pm in Downtown Minot
- Dec 19th Family Christmas Festival 5:30-7pm at Cornerstone Church

Williston
- Dec 4th Reindeer Games Family Fun Night 5:30-7:30pm at ARC Tennis Courts
- Dec 16th Skate with Santa 6-8pm at Pete Conlin Arena

Milwaukee, WI
- Dec 5th-14th MATC Parade Of Gingerbread Houses 10am-8pm at Milwaukee Public Market

STAY IN TOUCH!

Heather: heatherm@hotrnd.com 701-330-8847
Sunni: sunnih@hotrnd.com 701-449-6734
Megan: meganc@hotrnd.com 701-449-6856

HOME on the Range

TRAILBLAZER

Aftercare services newsletter for your path forward

CANINE UPDATE

Here is your monthly and possibly last Foxy update. She has a visitor coming to see her on December 4th, and if things go well, she will be leaving us to go live in Montana!! We are all super excited for Foxy and pray that things go well for her in the future. In other Foxy news, she is still working on the wobble board and is doing very well. She has also learned to walk through the ladder, walk across the catwalk, and has learned to give you her paw for a treat!

Sunni

BARN BANTER

This is Pat. Not sure of his age. He came to live with us about 5 or 6 years ago. He came from the Amish. We ride him and drive him. He loves attention. He's crabby to the other horses but loves the residents. We use him to train the young horses on the wagon and various pieces of equipment. Not a very big horse but has a huge heart.

WINTER WARMTH & GROUNDING

1. Set the Scene

"Sit back in your chair or stand with your feet on the floor. Let your arms rest comfortably. Take a slow breath in··· and out."

2. Notice Your 'Inner Winter Weather'

"Imagine you can check the weather inside your body, like a winter forecast.
Is it calm like falling snow?
Stormy like strong winds?
Icy and tense in certain places?
Or warm and bright in others?

- Just notice without judging—your body is simply giving you information."

3. Warm Up Your Body

"Place your hands together and rub them until they feel warm—like creating heat in your winter gloves.
Now gently place your warm hands on: your heart, your neck ,or your shoulders
Choose one spot that feels like it needs warmth today.
Breathe into that spot slowly."

4. Snowflake Breathing

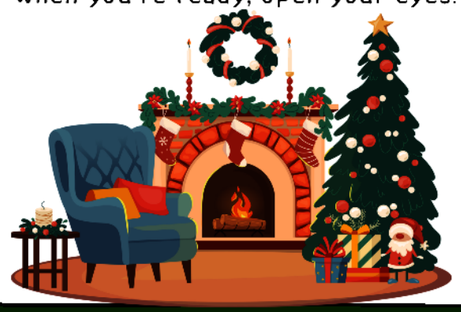
"Imagine a snowflake drifting down.
As it falls slowly··· you breathe slowly.
Inhale as the snowflake floats down.
Exhale as it melts softly into the ground.
Repeat for 3–5 breaths."

5. Grounding Into Your "Winter Path"

"Feel your feet on the ground.
Imagine you're standing on a snowy path wearing warm boots.
Press your feet down gently, like making footprints in the snow.
Feel the support underneath you."

6. End With a Small Inner Warmth

"Picture a warm light—like a campfire or a cozy cabin—glowing inside your chest.
Let that warmth spread to your arms··· back··· belly··· legs··· all the way to your toes."
Take one final slow breath.
"When you're ready, open your eyes."



3 INGREDIENT PEANUT BUTTER COOKIES

Ingredients:

- 1 cup peanut butter
- 1 cup sugar
- 1 egg

Directions:

1. Mix all ingredients in a bowl.
2. Roll into balls, press with a fork (criss-cross).
3. Bake at 350°F for 10 minutes.

Done! Festive, fast, and delicious.

TEEN LINE

A program of DIDI HIRSCH

Teens Helping Teens

Teen Line provides hope and support if you are struggling.

Call
(800) TLC-TEEN (852-8336)
Nationwide
6:00 p.m.–10:00p.m.PST

Text
Send TEEN to 839863
Nationwide 6:00 p.m.–9:00 p.m. PST

Email: Visit TeenLine.org

Check out our Youth YellowPages for a listing of resources at **TeenLineOnline.org/YYP**

Follow us

Accredited by the American Association of Suicidology

Coping Tips

Take care of yourself

Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes

Focus on self-care for your overall health and wellness.

Here are some ways to take care of yourself one small way each day:

SAMHSA

CHRISTMAS BLESSINGS

t is the time of the year when we all come together to celebrate Christmas! Though there are many fun traditions and celebrations, it is important we always remember what we are actually celebrating. That is the birth of Jesus Christ! With each day of December our days get shorter with more and more time in darkness each night. I think about the darkness that is within the world and the long dark days around Christmas, and I think about how we need light. This makes me think about the light of the world that is Jesus. No matter how dark a situation may feel, know that you can turn to Jesus. Jesus states that ""I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12. I encourage all of you that as you drive down the dark streets beautifully lit by Christmas lights this season, remember that Jesus is the light we are celebrating and that he can shine through any darkness we may have.

Read the Christmas story- Read Luke 1 and 2 and read Matthew 1:18-25 and chapter 2

Dear Jesus,
I thank you for this time of year we can come together and recognize you, I ask that you would be with everybody and their families this Christmas season, please keep them safe and bless them. Lord, please give these youth guidance and help them to follow you and make good decisions.

In your name Jesus,
Amen

-Pastor Nathan

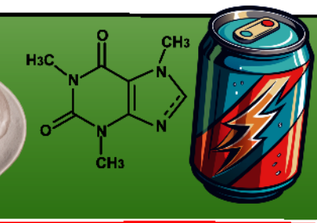
988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

TEEN Addiction Hotline

(888) 351-0084

The Teen Addiction Hotline is a nationwide resource for teens struggling with substance abuse. Call to speak with a professional substance abuse specialist. Trained counselors are available 24/7, ready to provide a safe and non-judgmental space for you to talk about your concerns.



CAFFEINE OVERLOAD

Caffeine might feel like an easy energy boost, but overusing it — especially in energy drinks or pre-workouts — can be harmful.

Why it's risky:

- Heart strain: Fast heartbeat, high blood pressure, and dizziness.
- Anxiety spikes: Makes stress, jitters, and mood swings worse.
- Sleep problems: Hurts your ability to fall asleep and stay asleep.
- Dependence: Can lead to headaches, fatigue, and cravings.

Bottom line:

Caffeine isn't harmless. Too much can affect your body, mood, and sleep. Pay attention to how much you're using and ask for support if you're relying on it to get through the day.