

TRANSITIONS KIDS TIMES

Meeting Families as They Are, Where They Are

Transitions Kids' (TK) mission is to compassionately care for children, families, and communities significantly affected by illness or loss on their sacred journey of love, triumph, exasperation, and grief through education, advocacy, and adventure. As we seek to fulfill this mission, our values serve to guide us in our program development and individual and group interactions. As we enter 2024, we are presenting a new version of our monthly [Connection & Support offering] [Newsletter] [something else], centering on the TK values. We hope this will foster a connection with our values and will highlight the ways these values are infused into everything we do.

What are TK's values?

Integrative and Holistic—We are grounded in the knowledge that the contributions of all disciplines must be informed by the foundational values of the whole person, family, and community.

Creative and Innovative—We are intentional in pursuing cutting-edge ideas, integrating technology, and using evidence-based practice in the evolution of our program.

Accountability and Advancement—We are committed to capturing the nuances of the services we provide and identifying areas for growth through data gathering and analysis, research and quality improvement, and skillful self-assessment.

Engagement and Collaboration—We are thoughtful in developing relationships that highlight the unique gifts and offerings of individual and organizational partners.

Wonder and Whimsy—We are imaginative in co-creating meaningful moments that foster lasting connections.

Integrative and Holistic

This meditation helps caregivers release stress and remember that it's healthy to take time to care for themselves too.

[Guided Meditation: Stress Release for Caregivers](#)

Tip: If you feel like you don't even have six minutes, adjust the playback speed in the video settings to condense. At 2x the normal speed, you can take three minutes out and engage in this meditation!

Creative and Innovative

TK Parent Facebook Group

Looking for a way to connect with other TK parents and families? We have created a private Facebook group that invites families to connect with each other, support each other, and build a community. Please feel free to use this group in ways that feel supportive to you and your family! To become a member of this group, please use this [link](#) to submit your email address that is connected to your Facebook account. An invitation to join the group will be sent to your email.

Follow TK on Social Media

TK Facebook - Transitions Kids

TK Facebook Group - Parents and the Safe Space

TK Instagram - [transitionskids](#)

TK Tik Tok - [transitionskidsnc](#)

Accountability and Advancement

Join us for a Patient & Family Advisory Committee virtual meeting.

What is PFAC? PFAC is a space for those who have worked with TK to collaborate with the organization to improve and develop practices and policies that are informed by patient/family perspectives. The goal of PFAC is to support TK in improving and evaluating

their practices and policies by patient engagement, collaboration, and creative innovation. PFAC quarterly meetings are held virtually via Microsoft Teams Video and facilitated by Transitions Kids team members.

When: Thursday January 18

Time: 5:30–7:00 pm.

Register [HERE](#)

If you have any questions about PFAC, please contact Abby Yuan ayuan@transitionslifecare.org or Siena Buckley sbuckley@transitionslifecare.org.

Engagement and Collaboration

Bereavement Groups

KidsZone

S.O.S (Support Over Solitude) Teen Group

Grief Academy

Please see our [Events Calendar](#) for registration and details.

Thank You

We want to say a huge thank you to everyone who came out and/or supported both our Chipotle Fundraiser and our Andia's Fundraiser/Toy Drive! Our team would also like to thank both Chipotle (Morrisville location) and Andia's Ice Cream for hosting these wonderful events. We had such a great turnout for both of these fundraisers, and we are so appreciative!

Wonder and Whimsy

This mindful breathing meditation for kids, "Snowball Breaths", teaches kids how to cope when waves of big emotions hit by stretching and breathing as they throw their worry snowball far away.

[Winter Mindfulness | Breathing Exercises for Kids | Snowball Breaths](#)

