



Hope for Children and Families News from Onslow County

Summer is just around the corner in Onslow County—and with the rising temperatures comes the time to prepare for the summer months. Whether you're searching for summer camps or outdoor activities in your neighborhood, keep reading for more details.

It's also been a busy month of advocacy and awareness for children's mental health. We're excited that [our new home](#) will allow us to expand services for mental health in Onslow County—something that will have a tremendous impact on the children and families we serve.

Don't forget to follow us on [Facebook](#), [Instagram](#), and [LinkedIn](#) for updates and photos from our upcoming events!

It's Mental Health Awareness Month!

The term “youth mental health” might bring to mind teens struggling with depression or anxiety—but children as young as five years old are experiencing mental health challenges. One in six U.S. children between the ages of 2 and 8 [has a diagnosed mental disorder](#).

At One Place, we provide early education programs that support children's healthy social-emotional development during the first 2,000 days of life when critical brain development occurs.

In May, we're celebrating Mental Health Awareness Month by opening the doors to tough conversations and providing helpful resources about children's mental health.

Read our recent blogs:

[What is Mental Health for Children?](#)

[Why Children's Mental Health Matters](#)

[How Deployment Impacts the Mental Health of Military Children and Families](#)

[Emotional Health: 3 Ways to Teach Your Child about Emotions](#)

[3 Tips to Help Your Child Cope with Anxiety](#)

[5 Ways to Cope with Anxiety as a Parent](#)

Download our Mental Health Booklet here:

[How to Support Your Child's Mental Health](#)

Access meaningful resources:

In 2024 so far, One Place has provided 105 mental health therapy sessions on site to children receiving services in the Child Advocacy Center—yet more children need support. Our new home, the [SECU Hope Center](#), will include a Restoration and Healing Mental Health Services Center that will create and expand opportunities for child victims of abuse and neglect to receive mental health treatment.

Happy Military Spouse Appreciation Day!



On the 10th we celebrated Military Spouse Appreciation Day, a time to recognize all of the sacrifices and perseverance required for partners of those in the military. We're proud to serve military families in Onslow County.

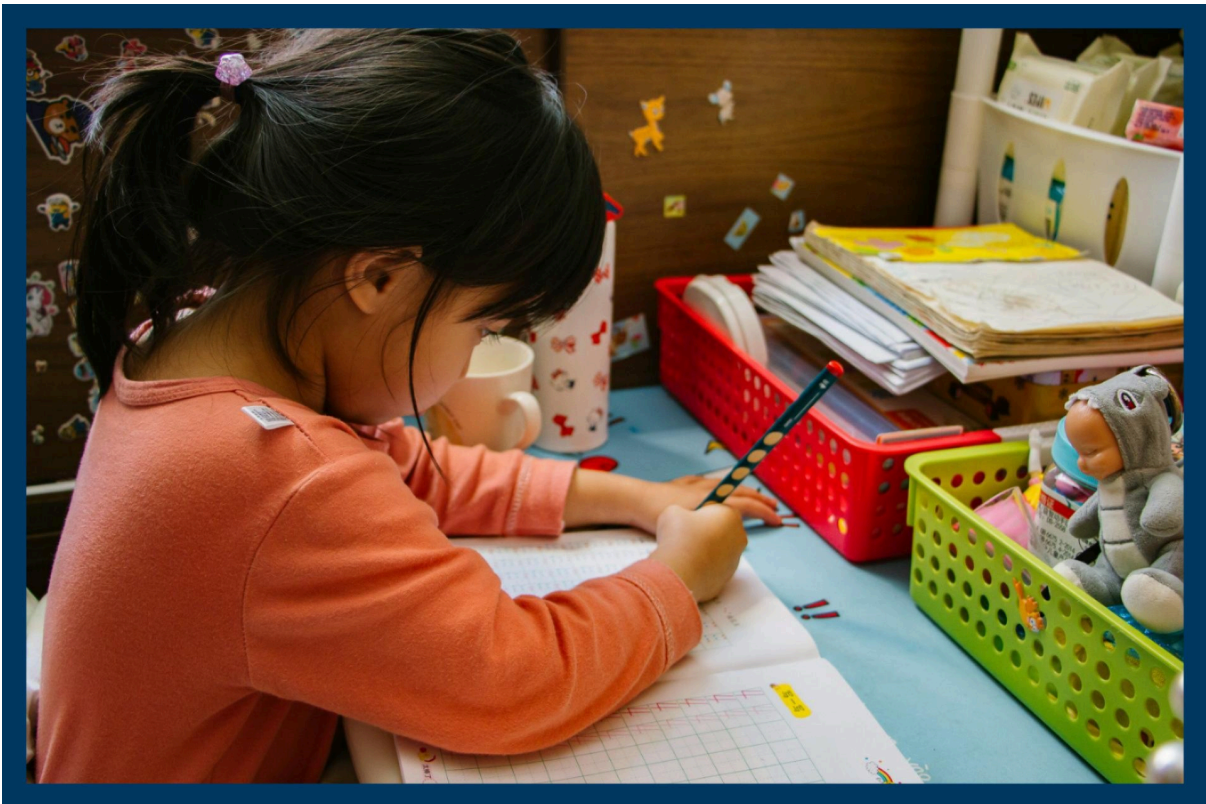
Twenty-four One Place team members have spouses in the military—so we're taking a moment to recognize their ability to power through challenging circumstances.

"Military spouses are valuable additions to One Place. They possess essential skills and qualities, such as resilience, adaptability, flexibility, resourcefulness, strong communication skills, cultural competency, and diverse perspectives. We recognize and embrace their unique strengths that enhance our team's capabilities, foster collaboration, and drive positive outcomes."

-Buffy Farmer, Chief People Officer at One Place

If you're a military spouse looking for resources or support, [check out our page](#).

Early Childhood Program Applications



Are you a parent or caregiver looking for an early childhood program for the upcoming school year? Applications for our early childhood education programs, including Early Head Start, Three School and NC Pre-K are now available.

[\[Learn more here → \]](#)

Prep for Summertime!



Last June, [new data from the National Assessment of Educational Progress](#) found the average test scores for U.S. 13-year-olds have dipped in reading and dropped sharply in math. This highlights the importance of keeping your child engaged this summer to prevent any learning loss.

Preparing for Preschool

Many families in Onslow County are preparing their 3- and 4-year-olds to start preschool in the fall—a huge milestone that can bring up complicated emotions for both children and parents alike!

[[Read more here →](#)]

Finding the Right Back-to-School Routine

For parents and children, having a series of patterns and routines can feel grounding and comforting—particularly as a child returns to school.

[[Read more here →](#)]

Find the Perfect Summer Camp for Your Child in Onslow County

For children of all ages, Onslow County is home to a variety of fun and educational summer camps.

[[Read more here →](#)].

Summer Safety for Children in Onslow County

With a hot summer ahead, be prepared to keep your children safe from heat exhaustion, excessive sun exposure, and other hazards that accompany summer fun.

[[Read more here →](#)].

Beat the Summer Heat with Fun Indoor Activities

Even though summer is the perfect time to get outside, prepare for extra hot (or rainy) days with this list of fun indoor activities to keep your child happy and safe.

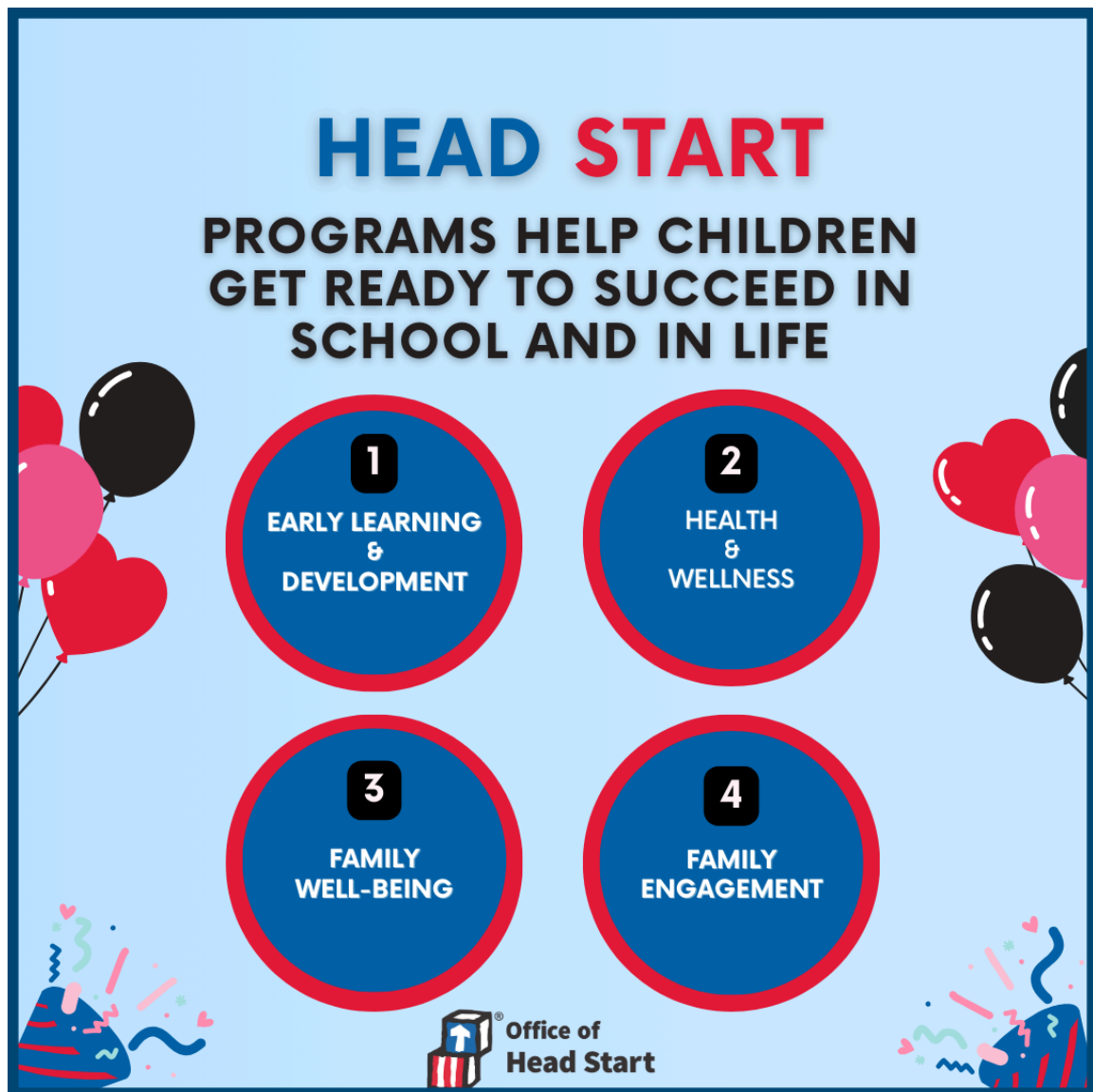
[[Read more here →](#)]

Keep Your Child Safe at Summer Camp

No matter if you're selecting a day camp or a sleepaway camp, your child's safety is most important.

[[Read more here →](#)].

Happy Birthday, Head Start!



Head Start is one of the most important social and educational investments in children, families, and communities. Since 1965, Head Start has served as a critical children development program, providing more than 40 million vulnerable children and families with essential resources.

[\[Learn more about our Early Head Start program and how it sets children up for success → \]](#)

We Need You!

If you've visited our website, follow us on social media, or have interacted with One Place anywhere else during the past year, we'd love to hear from you!

We're conducting a brief survey and we're looking for your honest feedback to help understand our impact and improve our programs and services.

[Take our survey](#)

Your Support Makes One Place Possible

Your donation today is an investment that provides hope and strengthens the lives of children and families in Onslow County.

We are grateful for our partnership with caring, reliable supporters like you.
Thank you for believing in our mission.

Donate Now