

The Forsyth Voice

The official newsletter of Forsyth County's Court Appointed Special Advocates

August 2025



August is **NATIONAL WELLNESS MONTH**

- Self-Care isn't Selfish! Read more about the importance of taking care of yourself on page 2.
- Find out how balanced your wellbeing is on page 3!
- Check out page 4 to find ideas for wellness activities that you can engage in with your CASA child!

July Month in Review



290

advocacy
hours



35

hearings
attended



3,019

miles
driven

Upcoming Events

- **Saturday, August 23rd**
GA CASA Conference
Renaissance Atlanta Waverly Hotel | 8AM-5PM
- **Saturday, August 23rd**
Rock the House
School Street Playhouse | 7:30PM

Highlights

Self-Care isn't Selfish

Self-care might seem like just another trendy buzzword—but it's actually a big deal. It's not about fancy spa days or expensive routines; it's about taking care of yourself in real, everyday ways so you can stay mentally, emotionally, and physically well. The article below breaks down why self-care isn't just nice to have—it's something we all need.

Read more: [*The Importance of Self-Care for Your Health*](#)

Signs that you need to take some time for yourself:

- ☐ You're constantly feeling overwhelmed.
- ☐ You're struggling to get quality sleep.
- ☐ You're frequently irritable.
- ☐ You notice a drop in your motivation.



Remember, we are here to support you! If you're feeling overwhelmed about your case, or if you just need someone to vent to, please don't hesitate to reach out to your Advocacy Specialist!

Highlights

Finding Balance

Sometimes, you might need more self-care in one specific area to restore balance or find relief from a stressor in your life. To care for your health and well-being, it's important to find a balance that allows you to address each of these areas.



Which areas do you need to improve in? Ask yourself:

PHYSICAL SELF-CARE

- Am I getting adequate sleep?
- Is my diet fueling my body well?
- Am I getting enough exercise?

SOCIAL SELF-CARE

- Am I getting enough time with my friends?
- What am I doing to nurture my relationships with friends and family?

MENTAL SELF-CARE

- Am I doing proactive things to help my mind stay sharp, like reading or learning something new?

EMOTIONAL SELF-CARE

- Do I have healthy ways to process my emotions?

Well, now what? - Create own self-care plan!

- **Assess your needs.** Make a list of the different parts of your life and major activities that you engage in each day- work, school, relationships, and family.
- **Consider your stressors.** Think about the aspects of these areas that cause stress and consider some ways you might address that stress.
- **Come up with self-care strategies.** Think about some activities that you can do that will help you feel better in each of these areas of your life.
- **Take small steps.** You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.

Kids need to learn to care for themselves, too! Help your CASA child support their well-being with these activities.

Wellness Activities For Kids!

EMOTIONAL WELLNESS

MINDFUL BREATHING

Teach “flower and candle” breathing: sniff the flower, blow out the candle.



CALM DOWN KITS

Create a box with playdough, stress balls, fidget toys, & coloring pages.



SOCIAL WELLNESS

GROUP ACTIVITIES

Play board games, do puzzles, create art, build together, share stories, play team sports, or make music as a group.



PHYSICAL WELLNESS

NATURE WALKS OR SCAVENGER HUNTS

Combine walking and hunting for treasures like pinecones, feathers, or shapes in the clouds.



KID-FRIENDLY YOGA

Try animal or nature poses (Tree, Cat/Cow, Downward Dog) to keep kids engaged.



Features

What Would You Do? – Real-Life Advocacy Scenarios

Last month, we asked you how you would respond in the following situation:

The child's parents are meeting their case plan goals and reunification is on the horizon, but the child expresses fear about returning home. What would you do? How do you both validate the child's feelings and support the legal process? What would you write in your court report?

Here's how we recommend responding:

- **Listen and validate** the child's fears without dismissing or minimizing their feelings.
- **Gather more information** by talking with the child's therapist, case manager, or placement.
- **Recommend supports** like family therapy.

Sample court report response: *"The child has expressed concerns about returning home. While the parents are making progress, a slower transition or additional support services may ease the child's adjustment and ensure long-term stability."*



Next month's scenario:

"Another New Placement"

The child you advocate for is in their third placement in three months. They're frustrated, withdrawing, and not engaging with you like they used to.

What would you do?

💡 **Look to next month's newsletter to see what the most effective course of action might be!**

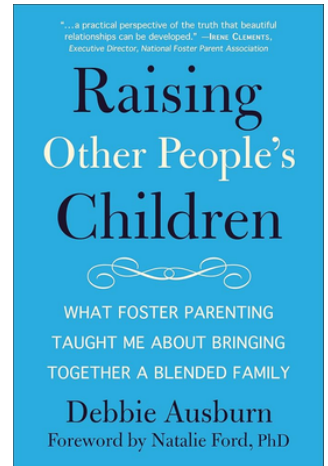
Volunteer Corner

Birthdays & Anniversaries

-  **Aug 2nd** - Susan Simmons-Stevenson
-  **Aug 7th** - Rebecca Hammond
-  **Aug 8th** - Dawn Cromwell
-  **Aug 9th** - Sherri Harris
-  **Aug 12th** - Sylvia Anderson **(12 years!)**
-  **Aug 13th** - Hanne Garcia Albaine
-  **Aug 14th** - Paula Hand
-  **Aug 17th** - Robbin Plesher
-  **Aug 18th** - Jennifer Giacobbe
-  **Aug 19th** - Connie Eldridge
-  **Aug 20th** - Liz Draper & Kathy Zwicker
-  **Aug 21st** - Deborah Cox
-  **Aug 24th** - Emily Stowers & Lina Vergara
Martinez **(2 years!)**
-  **Aug 31st** - Joanne MacAdam

CASA Book Club

August & September



Raising Other People's Children: What Foster Parenting Taught Me About Bringing Together A Blended Family

by Debbie Ausburn

Raising Other People's Children helps you navigate the complicated world of foster and step-parenting with better awareness and greater empathy, providing real-life solutions for forging strong relationships in extraordinary circumstances.

The responsibility and complexity involved in raising someone else's child can seem overwhelming. Regardless of whether you're a stepparent, foster parent, adoptive parent, or a CASA, it is on you to take on the challenge of caring for them, helping them to move forward while also meeting their unique emotional needs.

We'll be meeting at SliceAbility on September 30th at 5:30PM!

Let us know if you'll be there! - email daniellesmithcasa@gmail.com

¿SE HABLA ESPAÑOL?

Do you know someone who is bilingual in Spanish and passionate about helping children and families? We're always looking to grow our CASA volunteer team—especially with Spanish-speaking advocates who can help us better support our community.

IF SOMEONE COMES TO MIND, CLICK HERE • SEND THEM THIS LINK FOR MORE INFORMATION!

Continuing Education

In-Person, Virtual, and Self-Guided Training Opportunities

(CLICK THE LINKS BELOW FOR ACCESS)

Time Management: Ways to be your best “You” when you have to be everywhere all at once and everything to everyone

-On-Demand

Georgia Center for Resources and Support

[CLICK HERE TO ACCESS](#)

Mindful Self-Care

-On-Demand

Georgia Center for Resources and Support

[CLICK HERE TO ACCESS](#)

Recognizing and Managing Secondary Traumatic Stress

- Virtual Live - Tuesday, August 26 @9AM

Georgia State Child Welfare Training Collaborative

[CLICK HERE TO ACCESS](#)

Nurturing Yourself- A Holistic Approach to Self-Care

-Virtual Live - Thursday, August 28

@10AM

Georgia State Child Welfare Training Collaborative

[CLICK HERE TO ACCESS](#)

Help for the Helper: Strategies for Managing Work-Related Trauma Exposure

-Virtual Live - Friday, August 29 @9AM

Georgia State Child Welfare Training Collaborative

[CLICK HERE TO ACCESS](#)

Reminder

- Please remember to log your training in the tab marked “Training” on the main page in Optima- you need to log 12 hours of continuing education each year.
- Reading along with Book Club is now worth 4 CE hours!

THANK
☺ YOU

Continuing Education

Georgia CASA: Advancing Advocacy

Georgia CASA kicked off their Advancing Advocacy Series at the end of July, and our team at CASA of Forsyth County sat in on the webinar!

If you're interested in watching the recording, [click here](#).



ADVANCING ADVOCACY SERIES
JUVENILE COURT 101

WITH ASHLEY WILLCOTT, CERTIFIED CHILD WELFARE LAW SPECIALIST

The Juvenile Court 101 Webinar will provide a general overview of child welfare laws and juvenile court proceedings in Georgia. This training is designed to offer CASA volunteers and staff a basic understanding of applicable federal and state laws and how they shape our local practice in serving children who've experienced abuse or neglect and their families, the timeframes for hearings as they occur in dependency proceedings, the different types of proceedings and what the court must consider at each stage of the case, the contents of case plans, and finally, the basics of termination of parental rights.

WEBINAR DETAILS

28 AUGUST 2025 | 11:30 AM - 1:00 PM

REGISTER NOW

*This month, on **August 28th**, Georgia CASA will be hosting their next webinar in their Advancing Advocacy Series, featuring Child Welfare Law Specialist Ashley Willcott. **Click the flyer to register!***



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Danny Bennett

VALUZZIA

Keller Williams Community Partners - North Forsyth Rotary Club - Jack & Becky Damico

Susan Kaufman - Steve Kirby - The Ledbetter Family - Alyssa Baskam

Fitzgibbons Family Charitable Foundation - Weaver Capital Management

Deer Creek Shores Presbyterian Church - George Lipsey - Hampton Family Charitable Fund Teleios Ministry -

Richard Warner - Georgia CASA Eggs Up Grill - Horizon Christian Academy Silvia Anderson - LEJ Capital -

Vanguard Management Group - Northpoint Mortgage

Unity Class of First Baptist Church - Bald Ridge Chapel Trustees

CHANGE A CHILD'S
STORY

 **CASA**
Court Appointed Special Advocates
FOR CHILDREN
FORSYTH COUNTY