

Shelby County Schools Coordinated School Health

Jan 2021



Universal Parenting Place

Finding Connections in our City

The Universal Parenting Place

The Universal Parenting Place (**UPP**), located at our Raleigh Health Center at 3481 Austin Peay, offers parents an opportunity to connect through family-friendly activities and music with other parents and children.

In addition to counseling and support services, UPP offers a wide array of groups and family engagement activities geared to support parents and families, including:

- Adult and Children Individual Counseling
- Therapeutic Support Groups for Mothers
- Father University
- Children's Music Classes
- African Family Drum Circles
- Zumba Fitness

For more information on Universal Parenting Place contact, Brittany Hart Community Outreach Coordinator at Brittany.hart@christchs.org.

Stay Alert

January Dates

[National Blood Donor Month](#)

[Glaucoma Awareness](#)

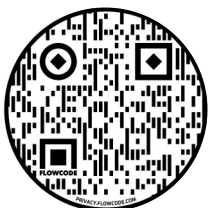
Thyroid Awareness

Cervical Health

Alzheimer's Disease

[National Birth Defects](#)

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[Scscoordinatedschoolhealth](#)



*Click to learn
more or check
them out online!*

National Blood Donor Month

Jan 2021

Resolve to Give

Recognizing Lifesaving Contributions of Blood Donors

Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illness, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets, or plasma. This lifesaving care starts with one person making a generous donation.



1 donation can potentially **save up to 3 lives.**



Every **2 seconds** someone in the U.S. needs blood.



Less than **38 percent** of the population is eligible to give blood or platelets.



Blood and platelets **cannot** be manufactured; they can only come from volunteer donors.

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