

# News Letter



2025 ●●●

●●● February

## Teen Dating Violence Awareness Month

February is  
**TDVAM**

Teen Dating Violence Awareness Month

love is  
respect

**1 in 10** high school students experienced physical violence from a dating partner in the past year.

✉ Text: "LOVEIS" TO 22522

☎ Call: 1-866-331-9474

💬 Chat: [loveisrespect.org](https://loveisrespect.org)

love is respect advocates are here 24/7, 365 days a year.

love is  
respect

Learn more: [www.freedomhousepc.org/tdv/](https://www.freedomhousepc.org/tdv/)

“

Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors. Each February, young adults and their loved ones nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month.

Source

”

Take time for yourself



Set boundaries in relationships



Practice mindfulness



## RESPECT THAT

### Self-Care Challenge

Surround yourself with positivity



Engage in activities that you love



Ask for help when needed



love is  
respect

# Parker County Virtual ISD Summit

Join us on March 7, 2025, for an engaging virtual summit filled with great learning opportunities. It's completely free, and no registration is required. Door prizes generously donated by our community partners will be given away to a few lucky winners! Feel free to spread the word to anyone in the community who might be interested in joining us!

## PARKER COUNTY ISD VIRTUAL Summit



Guest speakers from  
ACH FAMILY SERVICES,  
WEATHERFORD  
COLLEGE,  
& THE  
CHILD ADVOCACY  
CENTER

[Join Virtual Meeting Here](#)

MARCH | 7<sup>th</sup> | 2025

8:30am - 12:00pm  
Free Event  
Door Prizes

## Guiding Principles Spotlight!

Systems of Care Provide services and supports without regard to race, religion, national origin, sex, physical disability, socio-economic status, geography, language, or other characteristics, and services should be sensitive and responsive to these differences.

[Learn more here!](#)

Creating services Together, for more Healthy youth and families, that are Renewable, Innovative, Viable, and Equitable



## DID YOU KNOW?

Pecan Valley Recently Opened a Youth Crisis Respite House in Parker County!

Learn more:

[www.pecanvalley.org/youth-crisis-respite-house](http://www.pecanvalley.org/youth-crisis-respite-house)



### Our Services

Short-term Respite Care, Case Management Services, Meals provided, Psychiatric Care Referrals, Medication Training, Individual Counseling Services and Family & Peer Support Services, Development of: Life Skills, Social Skills, Coping Skills, Art & Group Activities, Recreation & Leisure Activities, Overnight and Day Treatment Options Offered.

## Youth Crisis Respite

### About Us

Youth Crisis Respite House is a project of Pecan Valley Centers offering short-term, comprehensive, trauma-sensitive respite services for youth aged 13 to 17.

*At no cost to families*



FOR MORE INFORMATION OR POTENTIAL REFERRALS, CONTACT:

[YCRUreferrals@pecanvalley.org](mailto:YCRUreferrals@pecanvalley.org)  
1-800-772-5987

## What is Respite Care?

**Respite is a short period of rest or support for mental health and general life stressors.**

Available for adolescents ages 13-17 years who meet criteria

Respite at Pecan Valley Centers is at NO cost to the adolescent and their family

A safe, calming, homelike environment to minimize trauma

An opportunity to take a break from pending or existing stressors

**Respite is open 24/7 and 365 days a year!**

A *voluntary* program with school activities available as needed

**If you or someone you know is experiencing a mental health crisis, Pecan Valley Centers crisis services are available 24 hours a day, 365 days a year by calling 1-800-772-5987**

# Join us for a FREE Parent Cafe!

**DON'T  
MISS OUT!**



**PECAN VALLEY CENTERS**

FOR BEHAVIORAL & DEVELOPMENTAL HEALTHCARE

## PARENT CAFE

PRESENTED BY: PECAN VALLEY CENTERS



### Where?

Pecan Valley Centers

Peach Tree Room

1715 Santa Fe Drive, Weatherford, TX 76086



### When?

Tuesday

February 18th, 2025

11am-12pm



### What's Provided?

Lunch will be available

Prizes will be given away

Childcare NOT provided



### What is Parent Cafe?

This is a safe space for parents to discuss and address their success and challenges with parenting.



### Questions? Contact Us

Rosa Abarca: 817-559-2264

Danell Phillips: 817-594-3143

Mavis Mason: 682-500-5048



RSVP HERE FOR  
LUNCH

Click here to register: [docs.google.com/forms](https://docs.google.com/forms)