



It's Spring Break...Now What?



Between carpooling kids to different activities and helping them with their homework each night, it's great for families to enjoy a fun-filled day once in a while. Spring Break is a great time for mom or dad to spend time with their kids and reconnect. Here are a few ideas from KITM:

Saint Louis Art Museum: Enjoy Family Sundays at the Art Museum for hands-on art activities and a lively 30-minute family tour through the Galleries. *Every Sunday in March.*

Magic House: On the third Friday of the month, families get free admission from 5:30 p.m. to 9 p.m. *March 16, 2018*

Chocolate Chocolate Chocolate: Take a free tour at the location on Pattison Avenue near The Hill. *Tours are offered Monday - Saturday.*

Citygarden: As a park filled with fountains, sculptures and wading pools, it's the perfect locale for a warm spring day.

The Muny: Every performance offers free seats near the back of the theater, available on a first come, first served basis. *Free seat gates open at 7 p.m.*



Meet Stacy Marian, PLPC

Kids In The Middle welcomed Stacy to the Clinical Team in Summer 2017. Her favorite part about Kids In The Middle is getting to work with clients of all ages, and she especially enjoys family therapy. Before working at Kids In The Middle, she spent two years working with adolescents with serious mental health issues. In her spare time, Stacey likes to be outdoors, read and spend time with her daughter and dog.

5 "Lucky" Reasons To Be A Step-Parent



- 1. More love to go around.** Being a step-parent means an even bigger family to love, share laughs with, vacation with and have fun with.
- 2. Building up both sides.** When the kids share something that happened with Mom or Dad, it can be rewarding to say things like, "You're mom is so great" or "Your dad loves spending time with you."
- 3. Extras for the kids.** Sometimes the kids will need someone to talk to or get advice from. It's a bonus for them to be able to get an extra opinion or have an extra ear available to listen.
- 4. Bonus grandparents.** Any kid loves an extra set of grandparents.
- 5. More applause.** Kids love to have a big crowd cheering for them at their games or extracurricular activities.

New Clinical Leadership Staff!

Kids In The Middle is pleased to announce the addition of Jean Sokora, LMSW and promotion of Katy Walter, BSW to their Executive Team.

Ms. Katy Walter was promoted to the Director of Clinical Operations in Fall 2017. Katy has been with the agency since 2011 and has always had a passion for the work that they do. In her new role, she will ensure that our internal process' run smoothly and make certain families that come to Kids In The Middle for help will experience the best of what Kids In The Middle has to offer.



Ms. Jean Sokora joins Kids In The Middle as the Director of Clinical Programs bringing more than 35 years of experience working with kids and families. Jean is certified in the state of Missouri in co-occurring disorders and prevention work. She has spent a significant part of the last ten years providing development and training opportunities to agency staff, school staff and administration and the general community.

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