

September 2020

Comanche/Stephens County

Pre-Employment Transition Services, better known as Pre-ETS, is a program that promotes movement from school to post-secondary experiences.

<http://ow.ly/WRDZ50Bf60r>



**Pre-Employment Transition Services**  
FREE FOR STUDENTS AGES 14-22

Providing individualized career training and mentoring classes online

Seeking high school students ready to increase their job readiness skills and career knowledge

**Pre-ETS Activities:**

- Self-Advocacy
- Work-based Learning
- Workplace Readiness; soft skills
- Job Exploration Counseling; career path discovery
- Post-secondary Education Counseling

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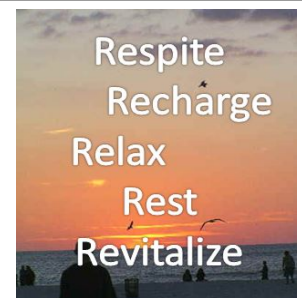
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### 6 Realistic Self-Care Tips for the Special Needs Parent from [lifewithasideoftheunexpected.com](http://lifewithasideoftheunexpected.com)

- 1 – Get outside** Even if it's while your kid is in therapy, step outside to change up the scenery.
- 2 – Crank up the tunes!** Music can transport our souls to a different time or place. Singing along is an even better stress reliever!
- 3 – Take care of your nutritional needs** Dietary changes are also proven to boost your mood. So try to be mindful of good nutrition and be sure you are getting enough fluids.
- 4 – Tag team** Enlist your partner to take some solo shifts so you can have some breathing space.
- 5 – Feed your soul-** Now I make sure to carve out some time for prayer (or meditation) and I regularly practice gratitude. This is not an innate way for me to think or act. I do have to be intentional about this and I choose to write in a journal to keep me accountable
- 6 – Talk to an adult-** Seriously, I cannot stress this one enough. You need to seek out people who can relate and with whom you can share this journey. Even if you are not able to leave the house, find an online forum. It is so important to feel connected, especially to others who “get it”.