



June, 2026 | Issue 47

happy SUMMER!

As the school year has ended, summer is finally here. School is out, and it's the perfect time to enjoy the sunshine, relax, and make special memories with family and friends. We hope this season brings plenty of fun, laughter, and well-deserved time together.

Our newsletter is packed with valuable resources for both parents and families, offering guidance on enhancing mental wellness and promoting events for the entire family to enjoy. We encourage you to share this newsletter with your loved ones and invite them to subscribe to our mailing list through the provided link.

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Ask the Expert

Q. How Can Parents Support LGBTQ+ Children?

By: Caroline Miller, Child Mind Institute

When kids are coming out what do they need from parents?

When a child is coming out as LGBTQ+, the most important thing for them to know is that their family supports and loves them. As a parent, you might worry about whether they will be accepted. But it's important to stay positive around your child and make sure they know they can count on you.

If you're having a hard time accepting your child's coming out, talking to a support group can help. You might also talk to a therapist or someone in your faith group. Dealing with your own feelings can help you be more supportive of your child.

If you're worried about your child's safety, open up a conversation with your child. Ask what they need and advocate for them. If they're having a hard time at school, being able to count on you will make a big difference.

Most young people come out to their friends first. So don't take it personally if you're not the first one they tell. Some teens are afraid their parents will kick them out or withdraw financial support when they come out. Or they might be afraid of letting you down by being different from your expectations.

When it comes to telling other family members, let your child take the lead. They might know exactly how they want to do it, or they might not be sure. The most important thing is to respect what they want to do and keep the conversation open.



[READ MORE](#)



HELLO Summer

FAMILY FUN BUCKET LIST

MAKE *something* MONDAY

TASTE *something* TUESDAY

WONDER *somewhere* WEDNESDAY

do something
THOUGHTFUL THURSDAY

FAMILY FUN FRIDAY

Did You Know?

"Every Kid Outdoors" Allows Free Admission to National Parks for 4th Graders and their Families"



Visiting a National Park is a great way to connect kids to nature and spend time with friends and family.

Since launched 11 years ago, the [Every Kid Outdoors](#) initiative is still going strong. This program allows every fourth grader in the United States to enter all national parks with their families for an entire year for free. This program was started by President Obama in 2015 as an initiative designed to get more kids connected to nature and disconnected from electronic media.

The National Park Service offers many educational opportunities for all ages, but the Junior Ranger Program is designed for children ages 9-11. These programs enhance school curriculum and according to a 2015 White House official, the school grade was decided on for “logistical, educational and instructional reasons.”

“NPS and other land and water agencies already have fourth grade programming in place in many locations,” the official said. “Many states focus on state history during the fourth grade, which aligns well with what NPS and other land managers have to offer.”

According to park statistics, if children are not introduced to camping and local, state or national parks by 11 years old, many will not be park users or campers. Introducing children to these treasures will also promote good environmental stewardship for future generations. Scientist and author Stephen Jay Gould simply states it this way, “We will not fight to save what we do not love.” Kids need to be introduced to these treasures to invest in them emotionally and become good stewards of our national treasures.

By: Dixie Sandborn, Michigan State University Extension - February 12, 2026



In the middle of busy schedules and endless to-do lists, it is easy to lose sight of what matters most.

Connection.

The small everyday moments with our kids are what build the strongest families. When we prioritize relationship over perfection, everything else starts to fall into place.

Save this as a reminder for the next hard parenting moment!


**THE
GUIDANCE
CENTER**
NURTURE THE FUTURE
Family Resources & Support



We want to hear from you!

**Are you a
parent?**



[tgc.surveymonkey.com/r/
NTFparent](https://tgc.surveymonkey.com/r/NTFparent)

**Do you work with children
under the age of 4?**



[tgc.surveymonkey.com/r/
earlychildstaff](https://tgc.surveymonkey.com/r/earlychildstaff)

**Do you work in a
K-12 school?**



[tgc.surveymonkey.com/r/
School-Parents](https://tgc.surveymonkey.com/r/School-Parents)

What is Nurture the Future?

Nurture the Future is a parent support program offered by The Guidance Center to families in Downriver communities. Parents and caregivers of children pre-birth through young adulthood have access to a variety of resources including workshops, support groups, family-centered activities, and informational resources.

We are interested in obtaining input from different stakeholders in our community. Your input helps us to target programming to best meet the needs of the Downriver Community. All of your responses will be anonymous and confidential.

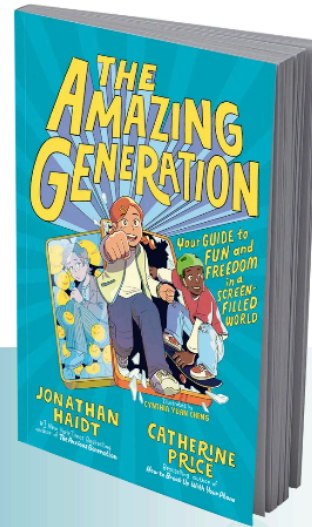
We kindly ask that you share this flyer with friends and family with children who live in the Downriver area



BOOK CLUB

The Amazing Generation

by Jonathan Haidt and
Catherine Price



Wednesday, August 5, 2026
5:30-7pm

The Guidance Center's Center for Excellence
13111 Allen Road, Southgate MI 48195

The Amazing Generation: Your Guide to Fun and Freedom in a Screen-Filled World is aimed at kids and tweens (ages 9-12) and offers a positive, practical guide to managing smartphone use and living a more fulfilling "analog" life. Inspired by Haidt's *The Anxious Generation*, it uses facts, a graphic novel, and real-life stories to empower young people to take control of their tech use, focusing on fun, confidence, and real-world connection rather than just restrictions.

Read together with your child and come ready to discuss *The Amazing Generation*. Parents and kids will have a chance to meet separately and then come together for games and dinner.

**Free books available: text 734-308-0768
for your copy! (while supplies last)**

**RAFFLES &
GIVEAWAYS
INCLUDED!**



Register at

www.guidance-center.org/book-club2

Group discussion and dinner provided.

For more information contact Allison Smith at
asmith@guidance-center.org or 734-308-0768



REGISTER



Free Mini Train Rides Kids Will Love in Metro Detroit

All aboard! If you have a train lover at home, this is one Metro Detroit experience you won't want to miss. The Great Lakes Live Steamers offer one of the most unique (and budget-friendly!) family outings around—rideable miniature trains that kids (and adults!) can actually hop on and enjoy.



Operated by a passionate local club, these scaled-down trains are incredibly detailed and run along real tracks, giving families a true “train ride” experience in a fun, approachable setting. It’s the kind of hidden gem that feels extra special—and even better, it’s **completely FREE** (donations are appreciated).

Where + When to Ride

- Starr Jaycee Park (Royal Oak): First weekend of each month
- Southgate Train Park (Southgate): Third weekend of each month
- Time: 12pm–4pm (May through October)

Know Before You Go

Rides are weather-dependent and will run only if temperatures are **50° or higher** and it’s not raining at noon. Because schedules can change, it’s always a good idea to call **313-355-9826** after **11:30am** on the day of the event to confirm.

Why Families Love It

This isn’t just something to watch—kids get to **ride the trains**, talk to the volunteers who run them, and see how everything works up close. Plan to hang out at the local playgrounds and you’ve got an easy, memorable (and affordable!) family outing.

Pro tip: Head to **Southgate’s Kiwanis Park** to also check out the **train-themed playground**—perfect for extending the fun even after your ride!

Kiwanis Park // 13901 Leroy St, Southgate, MI 48195

- June 20 & 21

- July 18 & 19
- August 15 & 16
- September 19 & 20
- October 16* & 17* Halloween
- December 4" & 5" Christmas

Starr Jaycee Park // 1321 W 13 Mile Rd, Royal Oak, MI 48073

- July 4 & 5
- August 1 & 2
- September 5 & 6
- October 3 & 4

PRINT NEWSLETTER

The Guidance Center

Nurture development. Foster resilience. Cultivate well-being.



The Guidance Center | 13101 Allen Road | Southgate, MI 48195 US

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