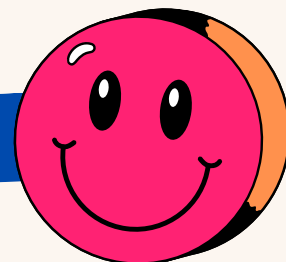


STRENGTHENING YOU



Welcome to your Strengthening You Newsletter



We're so glad you've joined us. Here's what's new....

CHW Strength

CHW training - Spring class
March 27th through May 12th
Attend select trainings
Email us for more info

StrengtheningCHWs1@gmail.com

CHW Strength Foundation

"CHW 4 All" Initiative
CHW Community Engagement Mini-Grants
CHW Workforce Cooperative

Learn more on how you can contribute to the mission [here](#)

Continue reading April edition of [Strengthening You Newsletter](#) highlighting Earth Day and Autism Awareness Month

LEARN MORE AT
WWW.CHWSTRENGTH.COM

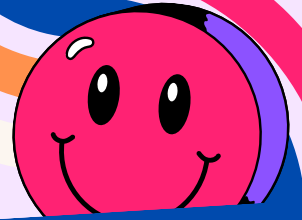


As a member of our community, you'll receive a monthly newsletter highlighting the exciting ways to engage with the CHW Strength community.





STRENGTHING YOU



The **Power** Corner



Make every day Earth Day!

CHWs hold a unique **power** to influence and encourage the community of ways to invest back into our planet. It is important to know environmental pollutants can cause health problems such as respiratory and heart disease. Simple changes and mindfulness practice to help keep the environment clean and help reduce the risks. What small changes can you take daily to make every day Earth Day?



YOU are the center of your **SELF-CARE**
Join us in the **CHW Forum** to learn more

Earth Day **ENERGY** saving tips



Reduce:

Reduce paper waste and junk mail, opt to receive electronic statements

Reuse:

Bring your own bags to the store. Use a backpack or bag from home, or buy reusable bags



Recycle:

Recycle clean bottles, cans, paper and cardboard

As you **P.R.E.S.** on to become the best Community Health Worker (CHW), may each corner of this newsletter... **strengthen you!**

The **Resilience** Corner

Building **RESILIENCE** in the Autism community

Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. Individuals diagnosed with ASD typically have challenges with social communication and interaction and may also have different ways of learning, moving, or paying attention.



Living with a person with ASD can be challenging and can impact the entire family. CHW's can promote healthy living and provide resources for the family on managing their well-being. To learn more on Autism, visit [here](#)

Autism and **SOUND** sensitivity

Auditory sensitivities are common among people with Autism Spectrum Disorder diagnoses (ASD).

Here are four strategies for reducing

- Use noise-canceling headphones
- Have a designated quiet space
- Visit new places at quiet time
- Play white or brown noise to help block out household noise and also help individuals with ASD relax and fall asleep

The **Energy** Corner

The **Sound** Corner

LEARN MORE AT WWW.CHWSTRENGTH.COM

