

APRIL EVENTS

BISMARCK

4/16- Bis-Man Earth Day Festival
4pm-7:30pm at the Bismarck Event Center
4/23- Construction & Trades Job Fair
from 3pm- 6pm at the Bismarck Workforce Center

MINOT

4/10 -North Central Spring Job Fair!
Thursday, April 10th from 4 pm to 6 pm at
the Minot Municipal Auditorium.
4/25 -35th Annual Spring Honor Dance and
Powwow Celebration 5pm to 9pm

GRAND FORKS

4/7 - Job Seeker Boot Camp 9am - 4pm
Grand Forks Workforce Center
4/10- Grand Cities Spring Job Fair
from 1pm to 4pm at the Alerus Center
4/25- Community Astronomy with UND
Northern Sky Astronomy Society at Turtle
River State Park

DICKINSON

4/11-4/13- The Great Benjamin Circus
at 4:30pm - 7:30pm at the Stark County
Fairgrounds

FARGO

4/5- 34th Annual Woodlands and High
Plains Powwow at Concordia College
4/26- Mental Health Day in the Park at
Viking Ship Park 10 am-2 pm
4/29- Talent Tuesday Hiring Event
1-3pm at the Fargo Workforce Center

DEVILS LAKE

4/16 Devils Lake Career Expo on from
2 pm to 4 pm at the Holiday Mall in
Devils Lake.

WILLISTON

4/10- Grand Cities Spring Job Fair
from 1pm to 4pm at the Alerus Center
4/12- 4/13- Ballin in the Basin at
Williston Parks & Recreation District
4/26- Wild Connections: Earth Day at
the Missouri-Yellowstone Confluence
Interpretive Center 1-2pm

STAY IN TOUCH!

Heather:
Summer:
Sunnī:
Megan:



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HOME on the Range

TRAILBLAZER

Aftercare services newsletter for your path forward



UPDATE ON XENA



Here is a quick update on Miss Xena. Yes, she is still with us, but she is doing well here and the most important part of that is that she is safe with us, still learning all the basics in being a good girl. She got to go to a trainer on the 26th of February and she did really well there. The trainer even offered to take her for a weekend and work on a few things like being overly excited on the leash, as a donation to Home on The Range. She continues to learn new skills to build her confidence here with us. We even had her at the top of a ladder recently, that is a big deal. See attached photo. She gets to come to my office and hang out with Summer and I in the aftercare area twice a week to get her out of the kennel for a while. She enjoys her time with us. She gets to be a dog, which is great! I hope you enjoyed this update on our beautiful bully girl.

Sunnī

VAPING & YOUTH

Studies show that 1 in 4 middle and high school students have used a tobacco product. E-cigarettes are the most popular form of tobacco use among youth today. Nicotine, carbon monoxide, and other pollutants are released into air and surfaces. Health risks of vaping include, but are not limited to: coughing, wheezing, chest pain, cardiovascular system, and oral health problems. It is never too late to quit! If you or someone you know, are ready to quit using tobacco products, reach out for support. We are available to help you take the next steps.

CALL TO TALK TO A QUIT SMOKING COACH
TODAY! 1-800-QUIT-NOW (1-800-784-8669)

Summer



YMCA AND GYM MEMBERSHIPS!

Did you know that you may be able to get a gym membership to the YMCA or Rec Center in your area at a reduced cost? Reach out to your aftercare specialist if you need help applying!

GRAND FORKS:

<https://www.gfymca.org/join-us/financial-assistance/>

MINOT:

<https://www.ymcaminot.org/fees>

FARGO:

<https://www.ymcanorthernsky.org/financial-assistance>

BISMARCK:

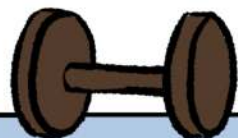
<https://www.bismarckymca.org/financial-assistance.aspx>

DICKINSON:

<https://dickinsonparks.org/wp-content/uploads/2020/03/Financial-Aid-Program.pdf>

JAMESTOWN:

https://tracjamestown.com/wpcontent/uploads/2018/12/Community-Based-Membership-Assistance_2.pdf



STRESS SURVIVAL GUIDE

April is stress awareness month! Check out these ways to manage stress!

MIND

sleep
move your body
eat healthy
deep breathing
relax muscles
take a nap
calming music
bath or shower

talk about it

journal

prioritize your time

one step at a time

set healthy habits

ask for help

go to therapy



SOUL

positive self-talk

say "no" more

avoid social media

accept stress

try mindfulness

take a break

pray or reflect

self compassion

Heather

PASTORAL REFLECTIONS

We celebrate Easter to remember and recognize what Jesus did for each and every one of us on the cross. Laying down His life, so that we can be saved. Then conquering both sin and death, He rose to life.

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." (1 Peter 1:3)
In God's great mercy "He gave his only son, that whoever believes in him should not perish but have eternal life" (John 3:16). Jesus accomplished what God sent him to do on the cross. Making it possible so that we could be forgiven of our sins and be reborn into the living hope that is Jesus Christ. We can put our faith in Jesus and trust that we will have eternal life.

Home on the Range family, I encourage you all to go to church this Easter. I also encourage you to get connected and find community within a local church. Do not be afraid to connect with the church and have a conversation with the Pastor. I know they would love to have you!

I PRAY WITH YOU.

Dear God, thank you for sending your one and only son to this world, so that we could be saved. Thank you for the blessing it is to have another Easter to remember what Jesus did for us.

Jesus, I put my faith in you and will follow you till the end of my days.
Father, I ask that you protect, bless. And provide for all of the past residents of Home on the Range and their families.

In your name Jesus,
Amen



Nathan

MINDFUL MINUTE

Feeling stressed? Try out this Mindful Seeing exercise!

Step 1: find a door or window to look outside
Step 2: look at everything there is to see. Without labeling WHAT you are seeing, try to notice colors, patterns, or textures
Step 3: pay attention to the movement of the grass or leaves in the breeze. Notice the many different shapes present. pretend this is a new place
Step 4: be observant, but not critical.
Step 5: if you become distracted, gently pull your mind away from those thoughts and notice a color or shape again to put you back in the right frame of mind.

Megan

