



Be Well. Care Well.

Be Well Bulletin

'Tis the Season of Giving and Generosity !

As we get into the holiday spirit of giving and generosity, it's a great time to think about how these values can boost our own wellbeing and that of those we care about. For childcare providers, generosity isn't just about sharing gifts; it's about offering your time, patience, and empathy to the kids and families you support. Acts of kindness and giving help build a sense of community and belonging, which are key to feeling emotionally well. By showing these behaviors, you create a space where everyone feels valued and connected, which enhances the mental and emotional health of both you and the children in your care. As we close out the year, let's look after our own wellbeing by embracing generosity, knowing that every act of kindness can spread positivity throughout our communities.



HAPPY
KWANZAA



Upcoming Events

SC Thrive: Financial Health 101

Thursday, December 11, 2025

6:30 PM - 8:00 PM

DECEMBER 2025



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HAPPY HOLIDAYS



Ways to Give During this Holiday Season!

- Toys for Tots
- Volunteering at your local soup kitchen or food bank
- Angel Tree
- Volunteering with a local non-profit or shelter
- Secret Santa with Co-Workers



Don't Overlook the Importance of Giving to Yourself!

While this is the season of generosity, remember to prioritize the individual who matters most: YOU! Embrace self-care, schedule some downtime for relaxation, and cultivate self-compassion!

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