

## NOVEMBER 2022 RESOURCE LIST

### **The Baker Chick:**

Try out these salted caramel apple pie bars for a festive fall treat.

### **Screenagers Movie:**

This documentary film explores the effects of social media and the internet on teens and their families. It provides tips for parents to help their children navigate the digital world.

### **Excel by That Girl:**

Having trouble staying organized? This website offers a wide variety of digital planners and habit trackers. With the simple design and easy to use format, you're sure to find something that works for your family.

### **Tide Pool Table:**

This website details the best time to visit the tide pools! The tides are extremely low during the fall and winter months and offer the best circumstances to glimpse the sea life.

### **Good Inside with Dr. Becky:**

This 30 minute podcast, "When You're Triggered by Mess," covers what to do as a parent when facing the daily messes that occur when you have children.

### **Finch App:**

This pet widget app was created by two friends who struggle with self care. This app encourages self care by caring for others in a fun accessible way.

### **Thankful Jar:**

Use the month of November as a time to focus on gratitude and the art of being thankful. This activity gets the whole family involved from decorating the jar to giving thanks. Create a thankful jar at home today!

### **Thanksgiving Mindfulness:**

The holidays can be a stressful time. Use this list of activities to help your family stay centered and calm.

## Events

### **Family Art Day**

11/5 12-2 pm  
Balboa Park

### **Carlsbad Village Street Fair**

11/6 8 am-5 pm

### **Surf & Turf Fundraiser**

11/12 Oceanside,  
11/13 Carlsbad

*We know that keeping a family running on schedule, planning entertaining outings, and staying organized can be beyond difficult! Our hope is for these resource items will bring fun, energy, and balance to you and your family. Simply click the bolded link for more information on each listing, and feel free to share!*

**Please join e3 this holiday season in giving some love to our favorite four-legged friends. Our donations will make events like the Community Pet Food Bank and holiday pet food/supplies giveaway paw-sitively paw-sible!**



Who: Rancho Coastal Humane Society

What: New or gently used supplies (toys, cozy bedding, food, treats, leash/collar) for dogs/puppies, cats/kittens, and rabbits

When to donate: November 1st - 18th

Where: Drop off donations to either e3 location

