

June 15, 2025



AP-OD Family Connections

Message from AP-OD

This month, as we continue to uplift and honor the voices of parents and caregivers, we also want to take a moment to recognize the fear and uncertainty that recent immigration news may be causing for many in our community. At AP-OD, we stand in solidarity with you. We are committed to providing a trusted and welcoming space where families feel supported, seen, and heard.

In this issue, we're sharing resources to help you know your rights, tips for caring for your emotional well-being, and stories that remind us we are not alone. We are stronger together.

The AP-OD Team

Know Your Rights: Resources for Families

Protecting yourself and your family in moments of uncertainty can feel overwhelming. We're sharing a collection of trusted resources to help you understand your rights, stay informed, and feel protected. We hope you find these resources helpful.

[Click here to access the full list of resources.](#)

We've also put together a list of California Rapid Response Networks.

[Click here to see the printable list.](#)



Parent Spotlight



Through our work, we've witnessed inspiring stories of resilience and courage from immigrant families who've accessed these resources to navigate their challenges. One parent shared:



"When I learned about my rights, it felt like a weight lifted off my shoulders. I no longer live in fear but with a sense of empowerment to protect my family."



Expert Tip of the Month

In times of uncertainty, kids may see or hear news about family separations and feel confused, worried, or scared. Experts recommend:

- **Talk and listen first:** Ask what your child has seen or heard, and let them share their feelings. This opens the door for understanding. Set realistic goals
- **Model empathy:** Share your own feelings ("I feel sad, too") and remind them that many families are going through hard times. Encourage kindness and respect for all people.
- **Keep it age-appropriate:** Offer simple facts, avoid graphic details, and adapt explanations based on your child's age. Books about immigrant families can be a gentle way to start.
- **Limit and guide media exposure:** Watch or read the news together and help your child understand different perspectives.
- **Take care of yourselves:** It's okay to feel upset. Give your child—and yourself—time to process, unplug, and find calm together.

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Upcoming Events and Workshops



2025 National Latino Family Report

June 26, 2025 | 10am PT | 11am MT | 1pm ET

Spanish interpretation available

[Register](#)



Bimonthly Parent & Facilitator Power Sessions: Conversations with AP-OD

June 24, 2025 | 11am PT | 12pm MT | 2pm ET

We will share valuable insights, engage in thoughtful discussions, and highlight the latest topics impacting our community.

Spanish interpretation available

[Register](#)



Closing Dicho Challenges are like keys that open doors to a stronger, wiser self.