



Keeping in touch...



**Dakota Family Solutions** exists to strengthen families and individuals by sharing the love of Christ through various supportive services.

## Summer Intern

**Kiersten Kemp** is a 2010 graduate of Williston High School and a 2015 graduate of Winona State University. She is excited to use her Public Health degree and life experiences to meet individuals where they are at on their journey to health, and to empower them to be their best!

Kiersten is completing her internship with the Williston ARC in partnership with Dakota Family Solutions. She has created a phenomenal program based on the seven dimensions of wellness for teen and young moms.

She will be implementing the **EMBER Wellness Programs** weekly at the Williston ARC this summer for young moms, teenage to twenty-five. There is open registration throughout the summer. For more info and to register please visit our website.

She will also help pilot the first **Compass Empowerment Camps** offered to help students survive middle school.

Kiersten Kemp



### 7 Dimensions of Wellness

Physical - Social - Emotional  
Spiritual - Intellectual  
Occupational - Environmental



## We Did It!

In our last newsletter we told you we were looking for a new name for our Teen Mom Program. We did it! We came up with a meaningful name. We chose the acronym **EMBER** which stands for:

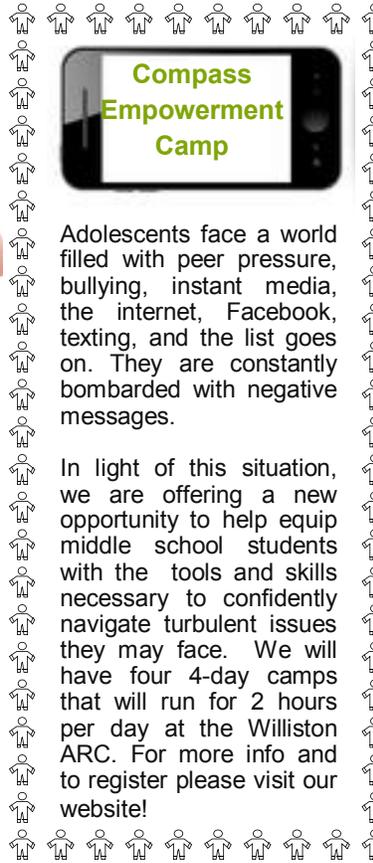
**Encouraging, Mentoring,  
Blessing, Empowering,  
Reorienting**  
young moms.

We had a great school year staying connected with several teen moms and their babies. There are 3 students currently working to finish our class for a half credit at Williston High School.

We welcomed two babies in May, a boy and a girl! One more baby will join us in September. We like to think we are being prolific for the long haul! It truly is a privilege to walk alongside these beautiful teen/young moms!

*"Dakota Family Solutions is a place where I can get straightforward advice, be challenged, yet not feel judged because of some of the poor choices I have made. It's like you guys are helping me pick up the broken pieces of my life and putting them back together so I can be a whole person again."*

~Single Woman 2015



Adolescents face a world filled with peer pressure, bullying, instant media, the internet, Facebook, texting, and the list goes on. They are constantly bombarded with negative messages.

In light of this situation, we are offering a new opportunity to help equip middle school students with the tools and skills necessary to confidently navigate turbulent issues they may face. We will have four 4-day camps that will run for 2 hours per day at the Williston ARC. For more info and to register please visit our website!

## Thank You!

**Famous Dave's**  
and  
**Smiling Moose**  
for joining our team of  
restaurants who provide meals  
for  
**EMBER Teen Moms**

## Single Moms

**Q: How has Dakota Family Solutions impacted your life?**

**A:** *"Dakota Family Solutions has helped me so much by being there for me and listening to me when I need it the most. Plus bringing me closer with God and helping me understand the reasons for why things happen the way they do, like losing my mom so early."*

*"When I first started coming I was very uneasy about it being a faith-based group, but now I am so glad it is because I have started praying and including my son in my faith. Thank you for introducing me to a church atmosphere where I don't feel judged. I am enjoying going to church and it's weird to think I would because I wasn't raised around it and because of the grudge I held with God for so long because of losing my mom. Now I have been able to let it go and I am believing in Him. My son is going to be raised with Jesus in his life because of Single Moms group."* ~Single Mom 2015

## Prayer Requests

- For lives we touch to grow deeper in their faith.
- For the summer programs to have a positive impact.
- For God's direction for our Fall activities.
- For God to continue to resource us for His work.



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